

Quick Caribbean Prawns & Coconut Sauce

with Garlic Rice & Zesty Veggies

Grab your meal kit with this number

31



Garlic



White Rice



Capsicum



Lemon



Trimmed Green Beans



Peeled Prawns



Mild Caribbean Jerk Seasoning



Coconut Milk



Peeled Prawns



Chicken Thigh

Prep in: 20-30 mins
Ready in: 25-35 mins

 Calorie Smart

 Eat Me Early

Mix things up with this delight of a dinner - which will have you cooking prawns like a pro. Our mild Caribbean jerk seasoning works a treat with the juicy prawns and creamy coconut sauce and when plated up with fluffy rice and zesty greens, you'll be coming back for seconds... and thirds!

Pantry items

Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
white rice	1 medium packet	1 large packet
butter*	20g	40g
water*	1¼ cups	2 ½ cups
capsicum	1	2
lemon	1	2
trimmed green beans	1 medium packet	1 large packet
peeled prawns	1 packet	2 packets
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
coconut milk	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2586kJ (618cal)	307kJ (73cal)
Protein (g)	22.4g	2.7g
Fat, total (g)	26.4g	3.1g
- saturated (g)	21.4g	2.5g
Carbohydrate (g)	71g	8.4g
- sugars (g)	7.7g	0.9g
Sodium (mg)	1370mg	162.7mg
Dietary Fibre (g)	13.5g	1.6g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the garlic rice

- Finely chop **garlic**. Drain and rinse **white rice**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic**, until fragrant, **1-2 minutes**.
- Add **white rice**, the **water** and a generous pinch of **salt**. Stir, bring to the boil, then reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!

3



Cook the prawns & sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **peeled prawns** and half the **mild Caribbean jerk seasoning**, tossing, until prawns are pink and starting to curl up, **3-4 minutes**. Transfer **prawns** to a bowl.
- Return pan to medium-high heat with a drizzle of **olive oil**. Cook remaining **garlic** and **mild Caribbean jerk seasoning**, stirring until fragrant, **1 minute**.
- Stir through **coconut milk** and simmer until slightly thickened, **2-3 minutes**. Remove from heat, then stir through a squeeze of **lemon juice**. Season.

2



Cook the veggies

- Meanwhile, thinly slice **capsicum**.
- Zest **lemon** to get a good pinch, then slice into wedges.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **trimmed green beans** and **capsicum**, tossing, until tender, **4-5 minutes**.
- Stir in **lemon zest**, then transfer **veggies** to a bowl. Season to taste and cover to keep warm.

4



Serve up

- Divide garlic rice between bowls.
- Top with zesty veggies and Caribbean prawns.
- Spoon over coconut sauce.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



CUSTOM OPTIONS



DOUBLE PEELLED PRAWNS

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN THIGH

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

