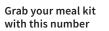


Quick Caribbean Prawns & Coconut Sauce with Garlic Rice & Zesty Veggies























Trimmed Green

Peeled Prawns





Mild Caribbean Jerk Seasoning

Coconut Milk







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

Eat Me Early





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.



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!



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.



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.



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!





DOUBLE PEELED PRAWNS

Follow method above, cooking in batches if necessary.



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.

