



Caribbean Prawns & Couscous

with Veggies, Charred Corn & Lemon Mayo

Grab your Meal Kit with this symbol



Capsicum



Sweetcorn



Baby Spinach Leaves



Lemon



Mild Caribbean Jerk Seasoning



Chicken-Style Stock Powder



Couscous



Mayonnaise



Prawns

Prep in: 25-35 mins
Ready in: 30-40 mins



Calorie Smart

Eat Me First

With hints of pimento, pepper and nutmeg, our mild Caribbean seasoning infuses juicy prawns with a bright pop of flavour. Serve over a veggie-loaded couscous, and bring it all together with a lemon mayo drizzle, which adds creaminess and zing.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
sweetcorn	1 tin (125g)	1 tin (420g)
baby spinach leaves	1 small bag	1 medium bag
lemon	½	1
mayonnaise	1 medium packet	1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
prawns	1 packet (200g)	2 packets (400g)
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2090kJ (500Cal)	542kJ (130Cal)
Protein (g)	25.9g	6.7g
Fat, total (g)	18.7g	4.9g
- saturated (g)	2.1g	0.5g
Carbohydrate (g)	49.2g	12.8g
- sugars (g)	10.5g	2.7g
Sodium (mg)	2067mg	536mg

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.



Get prepped

- Slice **capsicum** into thin strips. Drain **sweetcorn**. Roughly chop **baby spinach leaves**. Slice the **lemon** into wedges.
- In a small bowl, combine **mayonnaise** and a squeeze of **lemon juice**.



Cook the prawns

- Return the pan to a medium-high heat with a drizzle of **olive oil**.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!



Flavour the prawns

- In a medium bowl, combine **mild Caribbean jerk seasoning** and a drizzle of **olive oil**. Add **prawns** and toss to coat.



Cook the couscous

- Meanwhile, combine the **water** and **chicken-style stock powder** in a medium saucepan. Bring to the boil.
- Add **couscous** and a drizzle of **olive oil**, stirring to combine. Cover with a lid, then remove from the heat.
- Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.
- Stir through **baby spinach leaves, corn** and **capsicum**.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Stir-fry **capsicum** until slightly softened, **2-3 minutes**.
- Add **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer the **veggies** to a bowl and cover to keep warm.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Serve up

- Divide couscous with veggies and charred corn between bowls. Top with Caribbean prawns.
- Drizzle with the lemon mayo. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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