



Caribbean-Spiced Prawns & Coconut Sauce

with Garlic Rice & Zesty Veggies

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Lime



Sweetcorn



Baby Spinach Leaves



Prawns



Mild Caribbean Jerk Seasoning



Coconut Milk



Prawns

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



Calorie Smart

Eat Me First

Mix things up with this delight of a dinner - which will have you cooking prawns like a pro. With hints of sweet pimento, nutmeg and cumin, our mild Caribbean jerk seasoning works a treat with the juicy prawns and creamy coconut sauce, complete with a squeeze of lime to cut the richness.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food.

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
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
carrot	1	2
lime	½	1
sweetcorn	1 tin (125g)	1 tin (300g)
baby spinach leaves	1 medium bag	1 large bag
prawns	1 packet (200g)	2 packets (400g)
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
coconut milk	1 medium tin	2 medium tins
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2365kJ (565Cal)	490kJ (117Cal)
Protein (g)	24.2g	5g
Fat, total (g)	26.3g	5.5g
- saturated (g)	20.5g	4.2g
Carbohydrate (g)	77.2g	16g
- sugars (g)	11.5g	2.4g
Sodium (mg)	1617mg	335mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2632kJ (629Cal)	442kJ (108Cal)
Protein (g)	38.1g	6.5g
Fat, total (g)	26.8g	4.6g
- saturated (g)	20.6g	3.5g
Carbohydrate (g)	77.2g	13.3g
- sugars (g)	11.5g	2g
Sodium (mg)	2269mg	390mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati 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 **prawns** and 1/2 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 **Caribbean seasoning**, stirring, until fragrant, **1 minute**.
- Stir through **coconut milk** and simmer until slightly thickened, **2-3 minutes**. Remove from heat and stir through a squeeze of **lime juice**. Season to taste.

Custom Recipe: If you've doubled your prawns, cook in batches for best results.

2



Cook the veggies

- Meanwhile, cut **carrot** into thin sticks. Zest **lime** to get a good pinch, then slice into wedges. Drain **sweetcorn**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **sweetcorn**, tossing, until tender, **4-5 minutes**. Add **baby spinach leaves** and cook until wilted, **1-2 minutes**.
- Stir in **lime 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-spiced prawns. Spoon over coconut sauce.
- Serve with any remaining lime wedges. Enjoy!

Rate your recipe

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