



Caribbean Spiced Prawns

with Charred Corn and Kiwi Salsa

28

Calorie Smart

30-35 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories



Basmati Rice



Kiwi



Red Chilli



Lime



Garlic Clove



Sweetcorn



King Prawns



Caribbean Style Jerk



Tomato Puree



Vegetable Stock Paste



Mango Chutney



Steamed Brown Basmati Rice

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Butter

⚡ Make it Quick

If you chose to make this recipe quicker, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, lid, fine grater, bowl, garlic press, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Kiwi**	1	1½	2
Red Chilli**	1	1½	2
Lime**	1	1½	2
Garlic Clove**	2	3	4
Sweetcorn	160g	255g	340g
King Prawns** 5)	150g	225g	300g
Caribbean Style Jerk 9)	1 sachet	2 sachets	2 sachets
Tomato Puree	30g	45g	60g
Vegetable Stock Paste 10)	10g	15g	20g
Mango Chutney	40g	60g	80g
Steamed Brown Basmati Rice	1 pouch	2 pouches	2 pouches
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Salsa*	½ tsp	1 tsp	1 tsp
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	570g	100g	620g	100g
Energy (kJ/kcal)	2450 / 585	430 / 103	2023 / 483	326 / 78
Fat (g)	15.8	2.8	17.8	2.9
Sat. Fat (g)	6.5	1.1	7.0	1.1
Carbohydrate (g)	93.4	16.4	59.8	9.6
Sugars (g)	22.5	3.9	22.4	3.6
Protein (g)	20.0	3.5	17.4	2.8
Salt (g)	3.49	0.61	3.51	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

5) Crustaceans 9) Mustard 10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

Make it Quick

If you've chosen the quick version, cook the **rice** according to pack instructions.

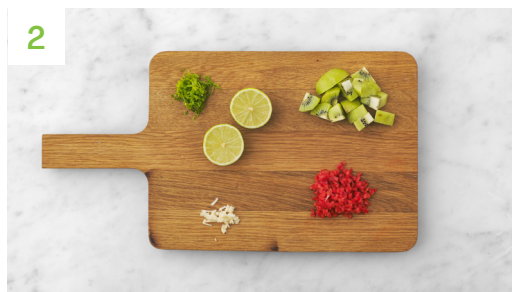


Cook the Prawns

Meanwhile, drain the **prawns**. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns.*

Wipe out the (now empty) frying pan, then put back on medium-high heat with a drizzle of **oil**.

Once hot, add the **prawns**, **garlic** and **Caribbean style jerk**. Stir-fry for 2-3 mins.



Time to Salsa

Meanwhile, peel the **kiwi**, then cut into 1cm chunks. Halve the **red chilli** lengthways, deseed, then finely chop.

Zest and halve the **lime**.

Pop the **kiwi** and **chilli** (add less if you'd prefer things milder) into a medium bowl. Squeeze in **half the lime juice**, then add the **sugar** and **olive oil for the salsa** (see pantry for both amounts). Season with **salt** and **pepper**, mix together, then set aside.

Peel and grate the **garlic** (or use a garlic press).

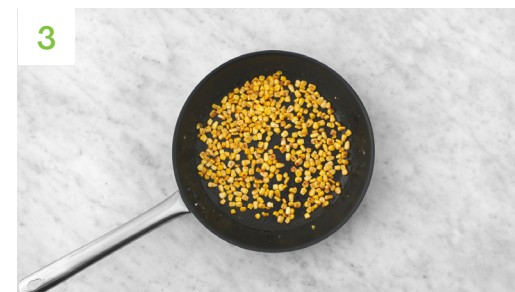


Finishing Touches

Add the **charred corn**, **tomato puree**, **veg stock paste** and **water for the sauce** (see pantry for amount) to the **prawns**.

Bring to the boil, then reduce the heat slightly and simmer for 3-4 mins. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*

Remove the pan from the heat. Stir in the **mango chutney** and **butter** (see pantry for amount) until melted. Add a splash of **water** if the **sauce** is a little too thick.



Char the Corn

Drain the **sweetcorn** in a sieve.

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary.

Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.

Transfer the **charred corn** to a bowl. Set aside.



Serve

Share the **rice** between bowls.

Spoon over the **Caribbean style prawns**, spooning over any remaining **sauce** from the pan.

Serve the **kiwi salsa** alongside. Sprinkle with the **lime zest** to finish.

Enjoy!