

# Caribbean-Spiced Prawns

with Coconut Sauce, Garlic Rice & Zesty Veggies



Garlic



Basmati Rice



Carrot



Capsicum



Lemon



Baby Spinach Leaves



Peeled Prawn



Mild Caribbean Jerk Seasoning



Coconut Milk



Coriander



Hands-on: **20-30 mins**  
Ready in: **25-35 mins**



Eat Me First



Naturally Gluten-Free  
*Not suitable for coeliacs*



Calorie Smart

Mix things up with this delight of a dinner - which will have you cooking Caribbean-style prawns like a pro.

## Pantry items

Olive Oil, Butter



## 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

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*	1 ½ cups	3 cups
carrot	1	2
capsicum	1	2
lemon	½	1
baby spinach leaves	1 small bag	1 medium bag
peeled prawn	1 packet	2 packets
mild Caribbean jerk seasoning	1 sachet	2 sachets
coconut milk	1 medium tin	1 large tin
coriander	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2468kJ (590Cal)	484kJ (116Cal)
Protein (g)	21.4g	4.2g
Fat, total (g)	24.5g	4.8g
- saturated (g)	18.4g	3.6g
Carbohydrate (g)	75.4g	14.8g
- sugars (g)	12.9g	14.8g
Sodium (mg)	1473mg	289mg

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](https://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**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook 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 a medium-high heat with a drizzle of **olive oil**. Add **peeled prawns** and 1/2 the **mild Caribbean jerk seasoning**. Cook, tossing, until prawns are pink and starting to curl up, **3-4 minutes**. Transfer to a medium bowl.
- Return pan to a medium-high heat with a drizzle of **olive oil**. Cook remaining **garlic** and **Caribbean seasoning** until fragrant, **1 minute**. Stir through **coconut milk** and simmer until slightly thickened, **2-3 minutes**. Stir through a squeeze of **lemon juice**. Remove from heat and season to taste.

**TIP:** Don't worry if the spice blend chars a little in the pan, this adds to the flavour!

2



## Cook the veggies

- While rice is cooking, cut **carrot** into thin sticks. 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 a medium-high heat. Cook **carrot** and **capsicum**, tossing, until tender, **5-6 minutes**. Add **baby spinach leaves** and **lemon zest** and cook, stirring, until spinach has wilted. Season to taste, then remove pan from heat.
- Transfer **veggies** to a bowl and cover to keep warm.

4



## Serve up

- Dive garlic rice and zesty veggies between bowls. Top with Caribbean-spiced prawns and coconut sauce.
- Sprinkle with torn **coriander**. Serve with any remaining lemon wedges.

## Enjoy!

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