



Teddy's Island Prawns & Pineapple Chutney

with Coconut-Lime Rice

Grab your Meal Kit
with this symbol



Coconut Milk



Basmati Rice



Lime



Pineapple Slices



Sweet Chilli
Sauce



Corn



Heirloom Tomatoes



Cucumber



Mild Caribbean
Jerk Seasoning



Panko Breadcrumbs



Shredded Coconut



King Prawns



Long Red Chilli
(Optional)



Mint



Hands-on: **30-40 mins**
Ready in: **45-55 mins**



Spicy (optional
long red chilli)



Eat me first

While this dish is reminiscent of tropical island getaways, it was inspired by our very own fruit and veggie manager, Teddy. Hailing from Mauritius with the most pleasant French accent and exuding relaxed vibes no matter what the situation, what better way to celebrate his name than this exotic plate of deliciousness!

Pantry items

Olive Oil, Brown Sugar, Rice Wine
Vinegar, Egg

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 · Small saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
coconut milk	1 tin (165ml)	1 tin (400ml)
water*	¾ cup	1½ cup
salt*	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
lime	½	1
pineapple slices	1 tin	2 tins
sweet chilli sauce	1 packet (25g)	1 packet (50g)
brown sugar*	1 tbs	2 tbs
rice wine vinegar*	1 tbs	2 tbs
corn	1 cob	2 cobs
heirloom tomatoes	1 punnet	2 punnets
cucumber	1	2
mild Caribbean jerk seasoning	1 sachet	2 sachets
egg*	1	2
panko breadcrumbs	½ packet	1 packet
shredded coconut	1 packet	2 packets
king prawns	1 packet	2 packets
long red chilli (optional)	½	1
mint	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3775kJ (902Cal)	515kJ (123Cal)
Protein (g)	30.3g	4.1g
Fat, total (g)	32.8g	4.5g
- saturated (g)	19.4g	2.6g
Carbohydrate (g)	111.6g	15.2g
- sugars (g)	35.3g	4.8g
Sodium (mg)	1809mg	247mg

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.

Fancy a Drop?

We recommend pairing this meal with Riesling or Sauvignon blanc

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1



Cook the rice

In a medium saucepan, add the **coconut milk**, **water** and the **salt** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**. Zest the **lime** to get a good pinch and cut into wedges. Add the **lime zest** to the rice and stir to combine.

TIP: The rice will finish cooking in its own steam so don't peek!

4



Make the salsa

Halve the **heirloom tomatoes**. Roughly chop the **cucumber**. Add the **cucumber**, **tomato**, 1/2 the **chilli** and 1/2 the **mint** to the charred **corn**. Add a generous squeeze of **lime juice**, a drizzle of **olive oil** and season to taste. Toss to combine.

2



Make the pineapple chutney

While the rice is cooking, finely chop the **pineapple slices**, reserving all the **pineapple liquid**. In a small saucepan, combine the **pineapple**, **pineapple liquid**, **sweet chilli sauce**, **brown sugar** and **rice wine vinegar**. Bring to a boil, then reduce heat and simmer until reduced and thickened, **10-15 minutes**.

3



Char the corn

While the chutney is simmering, slice the kernels off the **corn** cob. Heat a large frying pan over high-heat. Add the **corn** kernels and cook until lightly charred, **4-5 minutes**. Transfer to a medium bowl.

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

5



Cook the prawns

In a shallow bowl, add the **mild Caribbean jerk seasoning**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **panko breadcrumbs** (see ingredients) and **shredded coconut**. Toss the **king prawns** in the **seasoning**, followed by the **egg**, and finally in the **panko-coconut mixture**. Return the frying pan to a medium-high heat with enough **olive oil** to cover the base. Cook the **prawns** until golden and cooked through, **2 minutes** each side (cook in batches if your pan is getting crowded). Transfer the **prawns** to a paper towel-lined plate and season with **salt**.

6



Serve up

Finely slice the **long red chilli** (if using). Pick and finely slice the **mint** leaves. Divide the coconut-lime rice between plates. Top with the salsa and Teddy's island prawns. Dollop over the pineapple chutney. Garnish with mint and chilli. Serve with the remaining lime wedges.

Enjoy!