



# Caribbean Lentil & Capsicum Stew

with Coconut Rice, Tomato-Pineapple Salsa & Plant-Based Yoghurt

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Pineapple Slices



Capsicum



Garlic



Baby Spinach Leaves



Snacking Tomatoes



Mint



Sweetcorn



Lentils



Mild Caribbean Jerk Seasoning



Tomato Paste



Plant-Based Coconut Yoghurt



Chicken Breast

Prep in: 30-40 mins  
Ready in: 40-50 mins



Plant Based<sup>^</sup>

<sup>^</sup>Custom Recipe is not Plant Based



Eat Me Early\*

\*Custom Recipe only

Take your tastebuds to the Caribbean islands with this bountiful bowl. Brimming with lightly spiced lentils, dreamy coconut rice and a sweet and tangy pineapple salsa, here's proof that plant-based can be full of taste!

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

## Pantry items

Olive Oil, Plant-Based 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
<b>olive oil*</b>	refer to method	refer to method
coconut milk	1 packet	2 packets
<b>water*</b> <i>(for the rice)</i>	¾ cup	1 ¼ cups
basmati rice	1 medium packet	1 large packet
pineapple slices	1 tin	2 tins
capsicum	1	2
garlic	2 cloves	4 cloves
baby spinach leaves	1 small bag	1 medium bag
snacking tomatoes	1 punnet	2 punnets
mint	1 bag	1 bag
sweetcorn	1 tin (125g)	1 tin (300g)
lentils	1 packet	2 packets
<b>plant-based butter*</b>	20g	40g
mild Caribbean jerk seasoning	¾ large sachet	1 ½ large sachets
tomato paste	1 packet	1 packet
<b>water*</b> <i>(for the sauce)</i>	¾ cup	1 ½ cups
plant-based coconut yoghurt	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3671kJ (877Cal)	473kJ (113Cal)
Protein (g)	23.6g	3g
Fat, total (g)	33.5g	4.3g
- saturated (g)	20.5g	2.6g
Carbohydrate (g)	113.9g	14.7g
- sugars (g)	28.1g	3.6g
Sodium (mg)	1432mg	185mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4407kJ (1053Cal)	468kJ (112Cal)
Protein (g)	58.5g	6.2g
Fat, total (g)	37.3g	4g
- saturated (g)	21.7g	2.3g
Carbohydrate (g)	113.9g	12.1g
- sugars (g)	28.1g	3g
Sodium (mg)	1512mg	161mg

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.

## We're here to help!

Scan here if you have any questions or concerns



## 1 Make the coconut rice

- In a medium saucepan, add **coconut milk**, the **water (for the rice)** and a generous pinch of **salt**. Bring to the boil.
- Add **basmati rice**. Stir, cover with a lid and reduce heat to low. Cook for **15 minutes**, then remove pan 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!



## 4 Cook the lentils

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **corn** and **capsicum**, stirring, until softened, **4-5 minutes**.
- Add the **plant-based butter**, **garlic**, **mild Caribbean jerk seasoning (see ingredients)** and **tomato paste**. Cook until fragrant, **2 minutes**.
- Stir in drained **lentils** and the **water (for the sauce)**. Simmer until thickened, **2-3 minutes**.
- Stir in **baby spinach** and cook, stirring, until wilted, **1 minute**.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks, then cook with corn and capsicum. Continue as above.



## 2 Get prepped

- Meanwhile, drain **pineapple slices**, reserving the **pineapple juice**.
- Cut **capsicum** into bite-sized chunks.
- Finely chop **garlic**.
- Roughly chop **baby spinach leaves**.
- Halve **snacking tomatoes**.
- Pick and finely chop **mint** leaves.
- Drain **sweetcorn**.
- Drain and rinse **lentils**.



## 5 Make the pineapple salsa

- While lentils are simmering, in a medium bowl, combine chopped **pineapple**, **tomato**, **mint** and a dash of reserved **pineapple juice**.



## 3 Char the pineapple

- Heat a large frying pan over high heat. Cook **pineapple** slices until lightly charred, **2-3 minutes** each side.
- Transfer charred **pineapple** to a chopping board, then roughly chop.



## 6 Serve up

- Divide coconut rice between bowls.
- Top with Caribbean lentils and capsicum stew and a helping of tomato-pineapple salsa.
- Serve with **plant-based coconut yoghurt**. Enjoy!

## Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)