



Caribbean Lentils & Pineapple-Mint Salsa

with Coconut Rice & Plant-Based Yoghurt

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Pineapple Slices



Garlic



Baby Spinach Leaves



Mint



Carrot



Sweetcorn



Lentils



Mild Caribbean Jerk Seasoning



Tomato Paste



Plant-Based Coconut Yoghurt



Chicken Breast

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

Eat Me Early*
*Custom Recipe only



Plant Based^
^Custom Recipe is not Plant Based

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, it'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
olive oil*	refer to method	refer to method
coconut milk	1 packet	2 packets
water* (for the rice)	¾ cup	1 ¼ cups
basmati rice	1 medium packet	1 large packet
pineapple slices	1 tin	2 tins
garlic	2 cloves	4 cloves
baby spinach leaves	1 small packet	1 medium packet
mint	1 packet	1 packet
carrot	1	2
sweetcorn	1 medium tin	1 large tin
lentils	1 packet	2 packets
plant-based butter*	20g	40g
mild Caribbean jerk seasoning	1 large sachet	2 large sachets
tomato paste	1 medium packet	1 large packet
water* (for the sauce)	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)	4339kJ (1037Cal)	623kJ (149Cal)
Protein (g)	27.7g	4g
Fat, total (g)	47.5g	6.8g
- saturated (g)	18.8g	2.7g
Carbohydrate (g)	117.9g	16.9g
- sugars (g)	28.2g	4.1g
Sodium (mg)	1644mg	236mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5052kJ (1207Cal)	587kJ (140Cal)
Protein (g)	64.2g	7.5g
Fat, total (g)	49.9g	5.8g
- saturated (g)	19.5g	2.3g
Carbohydrate (g)	118.1g	13.7g
- sugars (g)	28.2g	3.3g
Sodium (mg)	1715mg	199mg

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 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 **carrot**, stirring, until softened, **4-5 minutes**.
- Add the **plant-based butter**, **garlic**, **mild Caribbean jerk seasoning** 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 leaves** and cook, stirring, until wilted, **1 minute**.

Custom Recipe: Cook chicken with corn and carrot, tossing occasionally until browned and cooked through (when no longer pink inside), 5-6 minutes. Continue with step as above.



2 Get prepped

- Meanwhile, drain **pineapple slices**, reserving the **pineapple juice**.
- Finely chop **garlic**.
- Roughly chop **baby spinach leaves**.
- Pick and finely chop **mint** leaves.
- Grate **carrot**.
- Drain **sweetcorn**.
- Drain and rinse **lentils**.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.



5 Make the pineapple salsa

- While the lentils are simmering, in a medium bowl, combine chopped **pineapple**, **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 pineapple-mint salsa.
- Serve with **plant-based coconut yoghurt**. Enjoy!

Rate your recipe

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