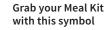


# Caribbean Lentils & Pineapple-Mint Salsa

with Coconut Rice & Plant-Based Yoghurt

EXPLORER

CLIMATE SUPERSTAR













Pineapple Slices





**Baby Spinach** 





Carrot

Sweetcorn





Lentils

Mild Caribbean Jerk Seasoning



Tomato Paste



Plant-Based Coconut Yoghurt







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!



# 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  $\cdot$  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)	3⁄4 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)	³⁄₄ 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

<sup>\*</sup>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





## 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!



# 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.



# 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.



## 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.



# Make the pineapple salsa

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



# 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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