



Caribbean Lentil & Coconut Rice Bowl

with Tomato-Pineapple Salsa & Shredded Coconut

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Recipe Update
We've replaced the sweetcorn in this recipe with carrot due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Coconut Milk



Basmati Rice



Pineapple Slices



Capsicum



Garlic



Carrot



Baby Spinach Leaves



Snacking Tomatoes



Mint



Lentils



Mild Caribbean Jerk Seasoning



Tomato Paste



Shredded Coconut



Chicken Breast

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



Plant-Based[^]
[^]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
olive oil*	refer to method	refer to method
coconut milk	1 medium packet	2 medium packets
water* (for the rice)	¾ cup	1½ cups
basmati rice	1 medium packet	1 large packet
pineapple slices	1 tin	2 tins
capsicum	1	2
garlic	2 cloves	4 cloves
carrot	1	2
baby spinach leaves	1 small packet	1 medium packet
snacking tomatoes	1 medium packet	2 medium packets
mint	1 packet	1 packet
lentils	1 medium packet	2 medium packets
plant-based butter*	20g	40g
mild Caribbean jerk seasoning	¾ large sachet	1½ large sachets
tomato paste	1 medium packet	1 large packet
water* (for the sauce)	¾ cup	1½ cups
shredded coconut	1 medium packet	2 medium packets
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3722kJ (890Cal)	513kJ (123Cal)
Protein (g)	22.2g	3.1g
Fat, total (g)	35g	4.8g
- saturated (g)	22.5g	3.1g
Carbohydrate (g)	114.6g	15.8g
- sugars (g)	29.8g	4.1g
Sodium (mg)	1316mg	182mg
Dietary Fibre (g)	21.9g	3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4437kJ (1060Cal)	499kJ (119Cal)
Protein (g)	58.8g	6.6g
Fat, total (g)	37.5g	4.2g
- saturated (g)	23.3g	2.6g
Carbohydrate (g)	114.8g	12.9g
- sugars (g)	29.8g	3.3g
Sodium (mg)	1385mg	156mg
Dietary Fibre (g)	22g	2.5g

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.

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 **carrot** 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 carrot and capsicum, until browned and cooked through (when no longer pink inside). Continue as above.

2



Get prepped

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

5



Make the pineapple salsa

- While the 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 mixture and a helping of tomato-pineapple salsa.
- Sprinkle over **shredded coconut** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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