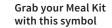


Caribbean Lentil & Coconut Rice Bowl

with Tomato-Pineapple Salsa & Shredded Coconut

CLIMATE SUPERSTAR













Pineapple Slices

Capsicum





Carrot





Baby Spinach Leaves

Snacking Tomatoes





Lentils





Tomato Paste

Jerk Seasoning

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!

Mild Caribbean

Shredded Coconut

Pantry items

Prep in: 30-40 mins Ready in: 40-50 mins Eat Me Early*

*Custom Page



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!

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

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	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	1¼ 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	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.



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.
- · 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.



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 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.



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.



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!

