



# Caribbean Lentils & Pineapple-Mint Salsa

with Coconut Rice & Plant-Based Yoghurt

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Pineapple Slices



Garlic



Baby Spinach Leaves



Mint



Carrot



Sweetcorn



Lentils



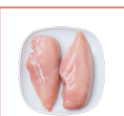
Mild Caribbean Jerk Seasoning



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
<b>olive oil*</b>	refer to method	refer to method
coconut milk	1 packet	2 packets
<b>water*</b> (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 bag	1 medium bag
mint	1 bag	1 bag
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
lentils	1 packet	2 packets
<b>plant-based butter*</b>	20g	40g
mild Caribbean jerk seasoning	1 large sachet OR 2 medium sachets	2 large sachets OR 4 medium sachets
tomato paste	1 packet	1 packet
<b>water*</b> (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)	3882kJ (928Cal)	524kJ (125Cal)
Protein (g)	27.9g	3.8g
Fat, total (g)	33.4g	4.5g
- saturated (g)	20.6g	2.8g
Carbohydrate (g)	120.9g	16.3g
- sugars (g)	29.6g	4g
Sodium (mg)	1547mg	209mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4654kJ (1112Cal)	514kJ (123Cal)
Protein (g)	60.6g	6.7g
Fat, total (g)	39.3g	4.3g
- saturated (g)	22.4g	2.5g
Carbohydrate (g)	120.9g	13.3g
- sugars (g)	29.6g	3.3g
Sodium (mg)	1638mg	181mg

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



## 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!



## 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.



## 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.



## Make the pineapple salsa

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



## 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.



## 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

Our Culinary team is waiting for your feedback!

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