



Caribbean Lentils & Pineapple-Mint Salsa

with Coconut Rice & Plant-Based Aioli

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Coconut Milk



Basmati Rice



Pineapple Slices



Garlic



Baby Spinach Leaves



Mint



Carrot



Sweetcorn



Lentils



Mild Caribbean Jerk Seasoning



Tomato Paste



Plant-Based Aioli



Chicken Breast



Chicken Tenderloins

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

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!

Pantry items

Olive Oil, Plant-Based Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
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 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
plant-based aioli	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4332kJ (1035Cal)	641kJ (153Cal)
Protein (g)	26.2g	3.9g
Fat, total (g)	47.5g	7g
- saturated (g)	19.3g	2.9g
Carbohydrate (g)	118.5g	17.5g
- sugars (g)	28.5g	4.2g
Sodium (mg)	1540mg	228mg
Dietary Fibre (g)	24.8g	3.7g

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

2024 | CW29



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 (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 leaves**, until wilted, **1 minute**.



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 and rinse **sweetcorn**.
- Drain and rinse **lentils**.



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 aioli**. Enjoy!

CUSTOM OPTIONS

+ ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

+ ADD CHICKEN TENDERLOINS

Cook until cooked through, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

