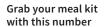


# Caribbean Lentils & Pineapple-Mint Salsa

with Coconut Rice & Plant-Based Aioli

CLIMATE SUPERSTAR







Coconut Milk





Pineapple Slices









Carrot



Sweetcorn



Lentils



Mild Caribbean Jerk Seasoning



Tomato Paste





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



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 packet	2 packets
water* (for the rice)	¾ cup	1¼ 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	¾ large sachet	1½ large sachets
tomato paste	1 medium packet	1 large packet
water* (for the sauce)	³⁄₄ cup	1½ cups
plant-based aioli	1 packet	2 packets
<b>+</b>		

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4332kJ (1035cal)	326kJ (78cal)
Protein (g)	26.2g	2g
Fat, total (g)	47.5g	3.6g
- saturated (g)	19.3g	1.5g
Carbohydrate (g)	118.5g	8.9g
- sugars (g)	28.5g	2.1g
Sodium (mg)	1540mg	115.8mg
Dietary Fibre (g)	24.8g	1.9g

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.
- Finely chop garlic.
- Roughly chop baby spinach leaves.
- Pick and finely chop mint leaves.
- Grate carrot.
- Drain sweetcorn.
- 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 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.



# 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 a dollop of **plant-based aioli**. Enjoy!



**ADD CHICKEN BREAST** 

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



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

