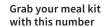


Caribbean Lentils & Pineapple-Mint Salsa

with Coconut Rice & Plant-Based Aioli

CLIMATE SUPERSTAR











Pineapple Slices





Baby Spinach





Carrot



Sweetcorn



Lentils



Jerk Seasoning



Tomato Paste



Plant-Based



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



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 |
| white rice | 1 medium packet | 1 large packet |
| coconut milk | 1 packet | 2 packets |
| water* (for the rice) | ¾ cup | 1¼ cups |
| pineapple slices | 1 tin | 2 tins |
| garlic | 2 cloves | 4 cloves |
| baby spinach leaves | 1 small packet | 1 medium packet |
| mint | ½ 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 | 1 large sachet | 2 large sachets |
| tomato paste | 1 medium packet | 1 large packet |
| water* (for the sauce) | 3⁄4 cup | 1 ½ cups |
| (101 circ sauce) | | |
| plant-based aioli | 1 packet | 2 packets |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|------------------|---------------|
| Energy (kJ) | 4239kJ (1013cal) | 632kJ (94cal) |
| Protein (g) | 26.4g | 3.9g |
| Fat, total (g) | 47.1g | 7g |
| - saturated (g) | 19.1g | 2.8g |
| Carbohydrate (g) | 114.4g | 17g |
| - sugars (g) | 28.8g | 4.3g |
| Sodium (mg) | 1539mg | 229.4mg |
| Dietary Fibre (g) | 18.1g | 2.7g |
| | | |

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.



Make the coconut rice

- · Rinse and drain white rice.
- In a medium saucepan, add coconut milk, the water (for the rice) and a generous pinch of salt. Bring to the boil.
- Add 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 (see ingredients).
- 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 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
- Serve with a dollop of **plant-based aioli**. Enjoy!







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.

