



Caribbean Lentils & Pineapple-Mint Salsa

with Coconut Rice & Plant-Based Aioli

CLIMATE SUPERSTAR

Grab your meal kit with this number

30



White Rice



Coconut Milk



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
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)	¾ cup	1 ½ cups
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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1 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!



4 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**.



2 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 and rinse **lentils**.



5 Make the pineapple salsa

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



3 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.



6 Serve up

- Divide coconut rice between bowls.
- Top with Caribbean lentils and pineapple-mint salsa.
- Serve with a dollop of **plant-based aioli**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



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 each side.

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

