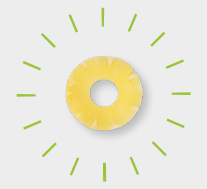




# CARIBBEAN LENTILS & PINEAPPLE SALSA

with Coconut Rice



Add pineapple to give salsa a Caribbean twist



Coconut Milk



Basmati Rice



Pineapple Slices



Capsicum



Garlic



Cucumber



Mint



Carrot



Lentils



Mild Caribbean Jerk Seasoning



Tomato Paste



Vegetable Stock

Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

Naturally gluten-free  
Not suitable for Coeliacs

Take a journey to the Caribbean islands with this lightly spiced and hearty bowl of veggies, lentils and dreamy coconut rice. With loads of flavour in every bite, this meal will take your tastebuds on a trip!

**Pantry Staples:** Olive Oil, Butter, White Wine Vinegar



# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
 • **medium saucepan** with a **lid** • **medium frying pan**



## 1 MAKE THE COCONUT RICE

In a medium saucepan, combine the **coconut milk**, **water (for the rice)** and **salt** and bring to the boil over a medium-high heat. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**. **TIP:** The rice will finish cooking in its own steam so don't peek!



## 2 GET PREPPED

While the rice is cooking, drain the **pineapple slices**, reserving the juice. Cut the **capsicum** into 1cm pieces. Finely chop the **garlic** (or use a garlic press). Finely chop the **cucumber**. Pick and finely chop the **mint** leaves (reserve a few for garnish). Grate the **carrot** (unpeeled). Drain and rinse the **lentils**.



## 3 CHAR THE PINEAPPLE

While the rice is cooking, heat a medium frying pan over a high heat. Add the **pineapple slices** and cook until lightly charred, **2-3 minutes** each side. Remove from the pan and roughly chop.



## 4 COOK THE LENTILS

Return the frying pan to a medium-high heat along with a **drizzle** of **olive oil**. Add the **capsicum** and **carrot** and cook until softened, **4-5 minutes**. Add the **butter**, **garlic**, **mild Caribbean jerk seasoning** and **tomato paste** and cook until fragrant, **2 minutes**. Add the **lentils**, **water (for the sauce)** and crumble in the **vegetable stock (1/2 cube for 2 people / 1 cube for 4 people)**. Simmer until thickened, **2-3 minutes**, then season to taste with **salt** and **pepper**.



## 5 MAKE THE PINEAPPLE SALSA

While the lentils are simmering, transfer the chopped **pineapple** to a medium bowl and add the **cucumber**, **mint**, **pineapple juice (1 tbs for 2 people / 2 tbs for 4 people)** and the **white wine vinegar**. Mix well and season to taste with **salt** and **pepper**.



## 6 SERVE UP

Divide the coconut rice between bowls and top with the jerk lentils and pineapple salsa. Garnish with the reserved mint leaves.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
coconut milk	1 tin (165ml)	1 tin (400ml)
water* (for the rice)	1 cup	1 1/4 cups
salt*	1/4 tsp	1/2 tsp
basmati rice	1 packet	2 packets
pineapple slices	1 tin	2 tins
capsicum	1	2
garlic	2 cloves	4 cloves
cucumber	1	2
mint	1 bunch	1 bunch
carrot	1	2
lentils	1 tin	2 tins
butter*	20g	40g
mild Caribbean jerk seasoning	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
water* (for the sauce)	3/4 cup	1 1/2 cups
vegetable stock	1/2 cube	1 cube
white wine vinegar*	1 tsp	2 tsp

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3440kJ (822Cal)	452kJ (108Cal)
Protein (g)	20.3g	2.7g
Fat, total (g)	27.6g	3.6g
- saturated (g)	17.8g	2.3g
Carbohydrate (g)	109g	14.2g
- sugars (g)	28.9g	3.8g
Sodium (g)	2110mg	278mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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