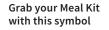


# Caribbean Lentils & Pineapple-Mint Salsa

with Coconut Rice & Plant-Based Yoghurt

EXPLORER

CLIMATE SUPERSTAR











Pineapple Slices



**Baby Spinach** 



Carrot

Sweetcorn





Lentils

Mild Caribbean Jerk Seasoning



Tomato Paste



Plant-Based Coconut Yoghurt



**Pantry items** 



Prep in: 30-40 mins Ready in: 40-50 mins Eat Me Early\*

\*Custom Recipe only

Plant Based\* \*Custom Recipe is not 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!

Olive Oil, Plant-Based Butter

### Before you start

Wash your hands and any fresh food.

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)	³⁄₄ 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 bag	1 medium bag
mint	1 bag	1 bag
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
lentils	1 packet	2 packets
plant-based butter*	20g	40g
mild Caribbean jerk seasoning	¾ large sachet	1½ large sachets
tomato paste	1 packet	1 packet
water* (for the sauce)	¾ cup	1½ cups
plant-based coconut yoghurt	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet
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<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3142kJ (751Cal)	468kJ (112Cal)
Protein (g)	20.1g	3g
Fat, total (g)	33.3g	5g
- saturated (g)	20.4g	3g
Carbohydrate (g)	115g	17.1g
- sugars (g)	28.6g	4.3g
Sodium (mg)	1600mg	238mg

### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3902kJ (933Cal)	467kJ (112Cal)
Protein (g)	53.3g	6.4g
Fat, total (g)	38.5g	4.6g
- saturated (g)	22g	2.6g
Carbohydrate (g)	115g	13.8g
- sugars (g)	28.6g	3.4g
Sodium (mg)	1688mg	202mg

The quantities provided above are averages only.

### Allergens

Always read product labels for the most wup-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





### 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.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks.



### 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, and cook, stirring, until wilted, 1 minute.

Custom Recipe: Cook chicken with corn and carrot, tossing occasionally, until browned, 5-6 minutes. Continue with step as above.



## 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.
- Top with plant-based coconut yoghurt to serve. Enjoy!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

