



Caribbean Pork & Pineapple Rice Bowl with Salsa

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3373kJ (806Cal) | Protein 36.5g | Fat, total 45.1g - saturated 5.4g | Carbohydrate 63.3g - sugars 23g | Sodium 1567mg
Naturally gluten-free (Not suitable for coeliacs) | The quantities provided above are averages only.

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Get ready

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)



Large Frying Pan



Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

2P

4P

Pork Strips	1 small pkt	1 large pkt
Smokey Aioli	1 pkt (100g)	2 pkts (200g)

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.

1. Sizzle



Pineapple Slices



Pork Strips



Mild Caribbean Jerk Seasoning

2. Chop



Lemon



Mint



Cucumber



Cherry Tomatoes



Smokey Aioli

3. Zap



Microwavable Basmati Rice

- Drain and chop **pineapple**
- In a bowl, combine **pork strips**, **jerk seasoning** and **olive oil**
- Heat **oil** in a frying pan over high heat
- Cook **pineapple** and **pork**, tossing, until cooked, **3-4 mins**

- Cut **lemon** into wedges. Thinly slice **mint**
- Slice **cucumber**. Halve **tomatoes**
- In a bowl, add **cucumber**, **tomato** and 1/2 the **mint**
- Add a good squeeze of **lemon juice** and a drizzle of **oil**
- Toss and season to taste
- In a second bowl, combine **aioli** and a dash of **water**

- Microwave **rice** until steaming, **2-3 mins**
- Plate up **rice**, **pork mixture** and **salsa**
- Serve with **aioli**, remaining **mint** and **lemon wedges**

