

Quick Caribbean Pork & Coconut Rice

with Pineapple-Mint Salsa

Grab your Meal Kit with this symbol



Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Coconut Milk



Basmati Rice



Pineapple Slices



Cucumber



Mint



Cherry/Snacking Tomatoes



Garlic



Mild Caribbean Jerk Seasoning



Chicken Stock Pot



Pork Strips



Mayonnaise

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

With juicy pork strips coated in our mild jerk seasoning, plus a rich coconut basmati rice and a sweet, tangy and refreshing salsa, get ready for a little taste of the Caribbean tonight!

Pantry items

Olive Oil, White Wine Vinegar

Before you start

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 will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	¾ cup	1¼ cups
coconut milk	1 medium tin	1 large tin
basmati rice	1 medium packet	1 large packet
pineapple slices	1 tin	2 tins
cucumber	1	2
mint	1 bag	1 bag
cherry/snacking tomatoes	1 punnet	2 punnets
garlic	2 cloves	4 cloves
mild Caribbean jerk seasoning	1 sachet	2 sachets
chicken stock pot	1 packet (20g)	1 packet (40g)
pork strips	1 small packet	1 large packet
white wine vinegar*	drizzle	drizzle
mayonnaise	1 packet (40g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3515kJ (840Cal)	582kJ (139Cal)
Protein (g)	36.1g	6g
Fat, total (g)	37.2g	6.2g
- saturated (g)	16.5g	2.7g
Carbohydrate (g)	86.6g	14.3g
- sugars (g)	20.8g	3.4g
Sodium (mg)	2005mg	332mg

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

- In a medium saucepan, add the **water**, **coconut milk** and a generous pinch of **salt**.
- Bring to the boil, then 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!



Cook the pork & make the salsa

- Return frying pan to a high heat with a drizzle of **olive oil**. When oil is hot, cook **pork strips**, in batches, until golden, **2-3 minutes**. Set aside.
- Roughly chop charred **pineapple**. In a medium bowl, combine **pineapple**, **cherry tomatoes**, **cucumber** and **mint**. Season, then add a drizzle of **olive oil** and **white wine vinegar**. Toss to coat.

TIP: Cooking the pork in batches over a high heat helps it stay tender.



Get prepped

- While rice is cooking, drain **pineapple slices**. Roughly chop **cucumber** and **mint**. Halve the **cherry tomatoes**. Finely chop **garlic**.
- In a medium bowl, combine **garlic**, **mild Caribbean jerk seasoning**, **chicken stock pot** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Add **pork strips**, tossing to coat. Set aside.
- Heat a large frying pan over a high heat. Cook drained **pineapple**, turning occasionally, until browned and slightly charred, **3-4 minutes**. Transfer to a chopping board to cool slightly.



Serve up

- Divide coconut rice between bowls. Top with pineapple-mint salsa and Caribbean pork.
- Serve with **mayonnaise**.

Enjoy!

Rate your recipe

Scan here to rate this recipe!

