



Quick Caribbean Salmon & Pineapple Salsa with Spinach Garlic Rice

Grab your Meal Kit
with this symbol



Garlic



Basmati Rice



Pineapple Slices



Cucumber



Tomato



Mild Caribbean
Jerk Seasoning



Baby Spinach
Leaves



Salmon

Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Naturally Gluten-Free
Not suitable for coeliacs

Eat Me First

Take a journey to the Caribbean islands with this lightly spiced salmon, lentils and garlic rice. With loads of flavour in every bite, this meal will take your tastebuds on a whirlwind adventure!

The recent harsh weather conditions have impacted the cucumbers grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

Pantry items

Olive Oil, Butter, Plain Flour (or Gluten-Free Plain Flour), 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
pineapple slices	1 tin	2 tins
cucumber	1	2
tomato	1	2
white wine vinegar*	2 tsp	1 tbs
mild Caribbean jerk seasoning	1 sachet	2 sachets
plain flour* (or gluten-free plain flour)	1 tsp	2 tsp
baby spinach leaves	1 small bag (30g)	1 medium bag (60g)
salmon	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3266kJ (780Cal)	653kJ (156Cal)
Protein (g)	36.4g	7.3g
Fat, total (g)	32.7g	6.5g
- saturated (g)	10.9g	2.2g
Carbohydrate (g)	81.4g	16.3g
- sugars (g)	18.3g	3.7g
Sodium (mg)	1035mg	207mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1-2 minutes**. Add **basmati rice**, **water** and the **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

3



Cook the salmon

- On a plate, combine **mild Caribbean jerk seasoning** and **plain flour**. Pat **salmon** dry and press into the spice blend to coat.
- In a medium frying pan heat a drizzle of **olive oil** to a medium heat. When the oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side.

TIP: Don't worry if your salmon gets a little charred during cooking. It adds to the flavour!

TIP: Patting the skin dry helps it crisp up in the pan!

2



Make the salsa

- Meanwhile, drain **pineapple slices**, reserving the juice.
- Heat a large frying pan over a high heat. Cook **pineapple slices** until lightly charred, **2-3 minutes** each side. Remove from the pan and finely chop.
- Finely chop **cucumber** and **tomato**.
- In a medium bowl, combine the **white wine vinegar**, **pineapple juice** (1/2 tbs for 2 people / 1 tbs for 4 people), a small drizzle of **olive oil** and a pinch of **salt** and **pepper**. Toss the **cucumber**, **tomato**, and **pineapple** to combine.

4



Serve up

- Stir **baby spinach leaves** through the garlic rice until wilted.
- Divide the rice between bowls. Top with the Caribbean salmon and pineapple salsa.

Enjoy!