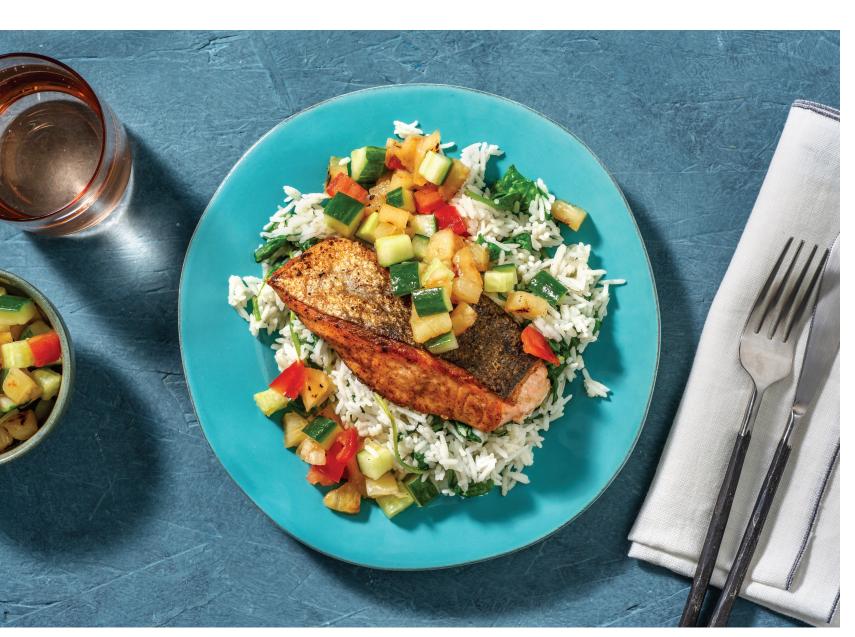


Quick Caribbean Salmon & Pineapple Salsa with Spinach Garlic Rice

Grab your Meal Kit with this symbol













Pineapple Slices



Cucumber









Baby Spinach Leaves

Salmon

Pantry items

Olive Oil, Butter, Plain Flour (or Gluten-Free Plain Flour), White Wine Vinegar



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



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.

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

9			
	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*	1/4 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.



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!



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!



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.



Serve up

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

Enjoy!