



Quick Caribbean Pork & Coconut Rice

with Pineapple-Coriander Salsa

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Pineapple Slices



Cucumber



Tomato



Coriander



Mild Caribbean Jerk Seasoning



Chicken Stock Pot



Pork Strips



Mayonnaise

Prep in: **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	1 ¼ 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
tomato	1	2
coriander	1 bag	1 bag
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
chicken stock pot	1 packet (20g)	1 packet (40g)
pork strips	1 small packet	1 large packet
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3602kJ (861Cal)	597kJ (143Cal)
Protein (g)	38.1g	6.3g
Fat, total (g)	38.3g	6.3g
- saturated (g)	16.8g	2.8g
Carbohydrate (g)	87.5g	14.5g
- sugars (g)	20.1g	3.3g
Sodium (mg)	1908mg	316mg

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.

1



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!

3



Cook the pork & make the salsa

- Return frying pan to 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**, **tomato**, **cucumber** and **coriander**. 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.

2



Get prepped & char the pineapple

- Meanwhile, drain **pineapple slices**.
- Roughly chop **tomato**, **cucumber** and **coriander**.
- In a medium bowl, combine **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 high heat. Cook **pineapple**, turning occasionally, until browned and slightly charred, **3-4 minutes**. Transfer to a chopping board to cool slightly.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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