



# 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



Pork Strips



Mayonnaise



Chicken Breast

Prep in: 20-30 mins  
Ready in: 25-35 mins

Eat Me Early\*  
\*Custom Recipe only

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!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	¾ cup	1 ¼ cups
coconut milk	1 packet	2 packets
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
pork strips	1 small packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2879kJ (688Cal)	502kJ (120Cal)
Protein (g)	34g	5.9g
Fat, total (g)	35.4g	6.2g
- saturated (g)	17.4g	3g
Carbohydrate (g)	84.9g	14.8g
- sugars (g)	20g	3.5g
Sodium (mg)	1340mg	234mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3061kJ (732Cal)	499kJ (119Cal)
Protein (g)	42g	6.8g
Fat, total (g)	36.7g	6g
- saturated (g)	17.6g	2.9g
Carbohydrate (g)	84.7g	13.8g
- sugars (g)	20g	3.3g
Sodium (mg)	932mg	152mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns  
2023 | CW04



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## 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!

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## 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 second medium bowl, combine **pineapple**, **tomato**, **cucumber** and **coriander**. Season, then add a drizzle of **olive oil** and a drizzle of **white wine vinegar**. Toss to coat.

**Custom Recipe:** Return frying pan to high heat with a drizzle of olive oil. Cook chicken, tossing occasionally, until browned and cooked through (when it's no longer pink inside), 5-6 minutes.

2



## Get prepped

- Meanwhile, drain **pineapple slices**.
- Roughly chop **cucumber**, **tomato** and **coriander**.
- In a medium bowl, combine **mild Caribbean jerk seasoning**, a pinch of **salt** 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.

**Custom Recipe:** If you've swapped to chicken breast, cut chicken breast into 2cm chunks. Coat chicken in spices as above.

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## Serve up

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

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)