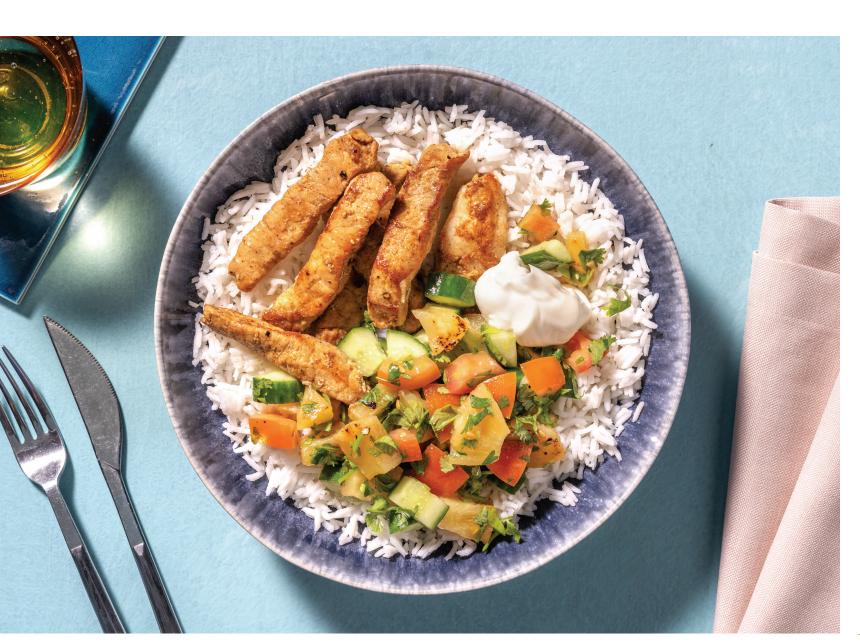
# Caribbean Pork & Coconut Rice

with Pineapple-Coriander Salsa

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Pineapple Slices





Cucumber



Tomato



Mild Caribbean



Jerk Seasoning



Mayonnaise



Pork Strips

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

Eat Me Early\*

\*Custom Recipe \*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!

**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 1/4 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
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

<sup>\*</sup>Pantry Items \*\* Custom Recipe Ingredient

#### **Nutrition**

4 01	D 0 :	D 400
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		

#### Per Serving 499kJ (119Cal) Energy (kJ) 3061kJ (732Cal) 6.8g Protein (g) 42g Fat, total (g) 36.7g - saturated (g) 17.6g 2.9g Carbohydrate (g) 84.7g 13.8g 3.3g - sugars (g) 20g 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 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 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.



# 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.



# 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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