



Caribbean Lentils & Pineapple Salsa with Coconut Rice

Grab your Meal Kit
with this symbol



Coconut Milk



Basmati Rice



Pineapple Slices



Capsicum



Garlic



Cucumber



Mint



Carrot



Lentils



Mild Caribbean
Jerk Seasoning



Tomato Paste



Vegetable Stock

Hands-on: 30-40 mins
Ready in: 35-45 mins

Plant Based

Naturally gluten-free
Not suitable for Coeliacs

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

Pantry items

Olive Oil, Plant-Based Butter

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 lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
coconut milk	1 tin (165ml)	2 tins (400ml)
water* (for the rice)	1 cup	1½ cup
salt*	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
pineapple slices	1 tin	2 tins
capsicum	1	2
garlic	2 cloves	4 cloves
cucumber	1	2
mint	1 bunch	1 bunch
carrot	1	2
lentils	1 tin	2 tins
plant-based butter*	20g	40g
mild Caribbean jerk seasoning	1½ sachets	3 sachets
tomato paste	1 sachet	2 sachets
water* (for the sauce)	¾ cup	1½ cups
vegetable stock	1 cube	2 cubes

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3579kJ (855Cal)	481kJ (114Cal)
Protein (g)	19.9g	2.7g
Fat, total (g)	31.8g	4.3g
- saturated (g)	17g	2.3g
Carbohydrate (g)	109.5g	14.7g
- sugars (g)	30g	4g
Sodium (mg)	2161mg	290mg

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, combine the **coconut milk**, **water (for the rice)** and the **salt** and bring to the boil over a medium-high heat. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



Cook the lentils

Return the frying pan to a medium-high heat along with a drizzle of **olive oil**. Add the **capsicum** and **carrot** and cook until softened, **4-5 minutes**. Add the **plant-based butter**, **garlic**, **mild Caribbean jerk seasoning** (see ingredients) and **tomato paste** and cook until fragrant, **2 minutes**. Add the drained **lentils**, **water (for the sauce)** and crumbled **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people). Simmer until thickened, **2-3 minutes**. Season to taste.



Get prepped

While the rice is cooking, drain the **pineapple slices**, reserving the **pineapple juice**. Cut the **capsicum** into small pieces. Finely chop the **garlic**. Roughly chop the **cucumber**. Pick and finely chop the **mint** leaves. Grate the **carrot**. Drain and rinse the **lentils**.



Make the pineapple salsa

While the lentils are simmering, combine the chopped **pineapple**, **cucumber** and a dash of **pineapple juice** in a medium bowl. Season to taste.



Char the pineapple

While the rice is cooking, heat a large frying pan over a high heat. Add the **pineapple slices** and cook until lightly charred, **2-3 minutes** each side. Remove from the pan and roughly chop.



Serve up

Divide the coconut rice between bowls and top with the Caribbean lentils and charred pineapple salsa. Garnish with the mint leaves.

Enjoy!