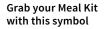


Caribbean Lentils & Pineapple Salsa

with Coconut Rice















Pineapple Slices













Lentils



Mild Caribbean Jerk Seasoning



Tomato Paste

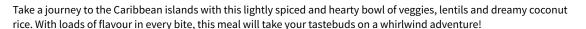


Vegetable Stock

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







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

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	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	1¼ cup	
salt*	1/4 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)	³⁄4 cup	1½ cups	
vegetable stock	1 cube	2 cubes	
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^{*}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!



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**.



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.



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.



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.



Serve up

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

Enjoy!