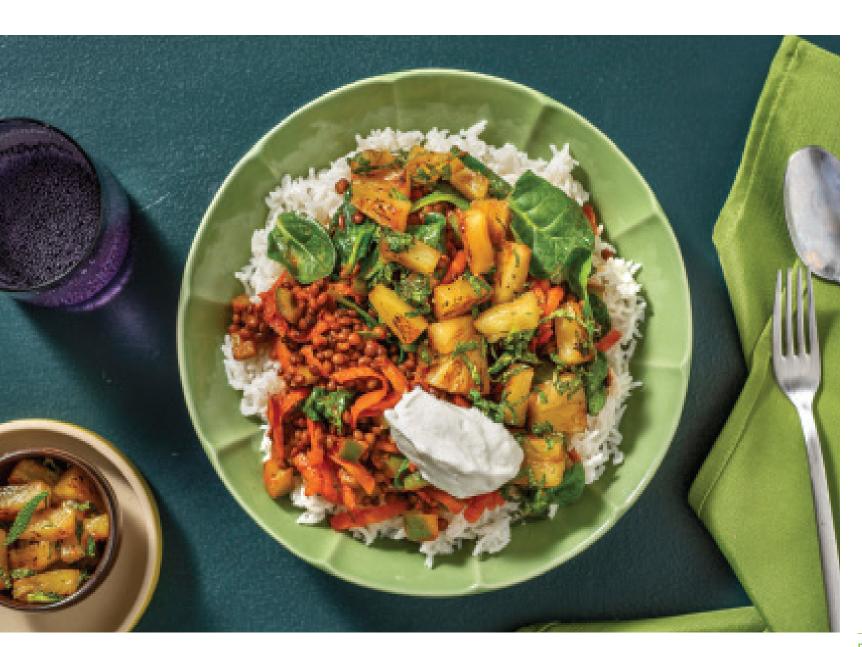


# Caribbean Lentils & Pineapple Salsa

with Rice & Coconut Yoghurt











Pineapple Slices











Baby Spinach Leaves





Mild Caribbean Jerk Seasoning



Tomato Paste



Vegetable Stock Powder



Coconut Yoghurt



**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 · Medium frying pan

# Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
coconut milk	1 medium tin	1 large tin	
water* (for the rice)	¾ cup	1¼ cups	
salt*	1/4 tsp	½ tsp	
basmati rice	1 medium packet	1 large packet	
pineapple slices	1 tin	2 tins	
capsicum	1	2	
garlic	2 cloves	4 cloves	
baby spinach leaves	1 small bag	1 medium bag	
mint	1 bag	1 bag	
carrot	1	2	
lentils	1 tin	2 tins	
plant-based butter*	20g	40g	
mild Caribbean jerk seasoning	1½ sachets	3 sachets	
tomato paste	1 packet	2 packets	
water* (for the sauce)	¾ cup	1½ cups	
vegetable stock powder	1 medium sachet	1 large sachet	
plant-based coconut yoghurt	1 medium packet	1 large packet	
<b>*</b> o			

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3551kJ (849Cal)	477kJ (114Cal)
Protein (g)	18.5g	2.5g
Fat, total (g)	32.4g	4.4g
- saturated (g)	19.8g	2.7g
Carbohydrate (g)	111.7g	15g
- sugars (g)	29.3g	15g
Sodium (mg)	2144mg	288mg

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**. 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. 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 chunks. Finely chop the **garlic**. Roughly chop the **baby spinach leaves**. Pick and finely chop the **mint** leaves. Grate the **carrot**. Drain and rinse the **lentils**.



# Char the pineapple

Heat a medium frying pan over a high heat. Cook the **pineapple slices** 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 with a drizzle of olive oil. Cook the capsicum and carrot, stirring, until softened, 4-5 minutes. Add the plant-based butter, garlic, mild Caribbean jerk seasoning (see ingredients) and tomato paste. Cook until fragrant, 2 minutes. Add the drained lentils, the water (for the sauce) and vegetable stock powder. Simmer until thickened, 2-3 minutes. Add the baby spinach and stir until wilted, 1 minute. Season with salt and pepper.



# Make the pineapple salsa

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



# Serve up

Divide the coconut rice between bowls. Top with the Caribbean lentils and pineapple salsa. Serve with the **plant-based coconut yoghurt**.

Enjoy!

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