
















# Caribbean Lentils & Pineapple Salsa

with Rice & Coconut Yoghurt



-  Coconut Milk
-  Basmati Rice
-  Pineapple Slices
-  Capsicum
-  Garlic
-  Baby Spinach Leaves
-  Mint
-  Carrot
-  Lentils
-  Mild Caribbean Jerk Seasoning
-  Tomato Paste
-  Vegetable Stock Powder
-  Plant-Based Coconut Yoghurt

 Hands-on: **30-40 mins**  
 Ready in: **40-50 mins**  
 Naturally Gluten-Free  
*Not suitable for coeliacs*

 Plant based

Take your tastebuds to the Caribbean islands with this bountiful bowl. Brimming with lightly spiced lentils, dreamy coconut rice and a sweet and tangy pineapple salsa, it's proof that plant based can be full of taste!

### 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

	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*	¼ 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

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

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## 1 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!



## 4 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**.



## 2 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**.



## 5 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.



## 3 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.



## 6 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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