



Caribbean Lentils & Pineapple Salsa

with Rice & Coconut Yoghurt

Grab your Meal Kit with this symbol



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 · Large 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
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)	3541kJ (846Cal)	486kJ (116Cal)
Protein (g)	18.9g	2.6g
Fat, total (g)	31.6g	4.3g
- saturated (g)	18.5g	2.5g
Carbohydrate (g)	111.9g	15.4g
- sugars (g)	29.2g	15.4g
Sodium (mg)	2022mg	278mg

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.



1 Make the coconut rice

In a medium saucepan, add the **coconut milk**, the **water (for the rice)** and a generous pinch of **salt**. Bring to the boil. 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 large 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!