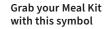


Caribbean Lentils & Pineapple Salsa

with Rice & Coconut Yoghurt













Coconut Milk





Pineapple Slices





Baby Spinach

Capsicum







Carrot

Mild Caribbean Jerk Seasoning



Tomato Paste



Vegetable Stock



Plant-Based Coconut Yoghurt









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 \cdot Large 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	
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.



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!



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 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.



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!