

Caribbean Pork Bowl & Charred Pineapple Salsa with Coconut & Spinach Rice

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Garlic



Pineapple Slices



Cucumber



Tomato



Mint



Lemon



Baby Spinach Leaves



Pork Mince



Mild Caribbean Jerk Seasoning

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**
 Naturally gluten-free
Not suitable for Coeliacs

This vibrant bowl packs all the punches when it comes to flavour, colour and texture! Simply combine pork mince with our tasty jerk seasoning, then team it with colourful veggies dressed with mint, lemon zest and charred pineapple, and you're ready to devour the flavours of the Caribbean!

Pantry items

Olive Oil

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 a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
coconut milk	1 tin (165ml)	1 tin (400ml)
water* (for the rice)	¾ cup	1¼ cups
salt*	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
garlic	2 cloves	4 cloves
pineapple slices	1 tin	2 tins
cucumber	1	2
tomato	1	2
mint	1 bunch	1 bunch
lemon	½	1
baby spinach leaves	1 bag (30g)	1 bag (60g)
pork mince	1 small packet	1 medium packet
mild Caribbean jerk seasoning	1 sachet	2 sachets
water* (for the pork)	1 tbs	2 tbs

*Pantry items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3331kJ (796Cal)	560kJ (133Cal)
Protein (g)	33.8g	5.7g
Fat, total (g)	33.4g	5.6g
- saturated (g)	15.8g	2.7g
Carbohydrate (g)	81.7g	13.7g
- sugars (g)	19.5g	3.3g
Sodium (mg)	1039mg	175mg

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. Cook the coconut rice

In a medium saucepan, add the **coconut milk**, the **water (for the rice)** and the **salt (for the rice)** and 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 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!



4. Prep the salsa

Roughly chop the **cucumber** and **tomato**. Pick and roughly chop the **mint** leaves. Zest the **lemon** to get a **good pinch**, then slice into wedges. Add the **cucumber, tomato, mint, lemon zest**, a **good squeeze** of **lemon juice** and a **small drizzle** of **olive oil** to the **pineapple**. Season to taste. Roughly chop the **baby spinach** leaves.



2. Get prepped

While the rice is cooking, finely chop the **garlic** (or use a garlic press). Drain the **pineapple slices**.



3. Char the pineapple

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. Transfer to a large bowl.



5. Cook the mince

Return the frying pan with a **drizzle** of **olive oil** to a high heat. Add the **pork mince** and cook, breaking up with a spoon, until browned and cooked through, **4-5 minutes**. Add the **garlic**, **mild Caribbean jerk seasoning** and the **water (for the pork)** and cook, stirring, until fragrant, **2 minutes**.



6. Serve up

Stir the spinach through the coconut rice. Divide the coconut and spinach rice between bowls and top with the Caribbean pork. Spoon over the charred pineapple salsa. Serve with any remaining lemon wedges.

Enjoy!