



Caribbean Pork & Pineapple Rice Bowl with Salsa

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3373kJ (806Cal) | Protein 36.9g | Fat, total 44.1g - saturated 5g | Carbohydrate 62.5g - sugars 20g | Sodium 1350mg
Naturally gluten-free (Not suitable for coeliacs) | The quantities provided above are averages only.

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2022 | WK10 | V

Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Pork Strips	1 small pkt	1 large pkt
Garlic Aioli	1 pkt (100g)	2 pkts (200g)

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. Sizzle



Pineapple Slices



Pork Strips



Mild Caribbean Jerk Seasoning

2. Chop



Lime



Mint



Cucumber



Cherry / Snacking Tomatoes



Garlic Aioli

3. Zap



Microwavable Basmati Rice

- Drain and chop **pineapple**
- In a bowl, combine **pork strips**, **seasoning** and **olive oil**
- Heat **oil** in a frying pan over high heat
- Cook **pineapple** and **pork**, tossing, until cooked, **3-4 mins**

- Cut **lime** into wedges. Thinly slice **mint**
- Slice **cucumber**. Halve **tomatoes**
- In a bowl, add **cucumber**, **tomatoes** and 1/2 the **mint**
- Add a squeeze of **lime juice** and a drizzle of **oil**
- Toss and season to taste
- In a second bowl, combine **aioli** and a dash of **water**

- Microwave **rice** until steaming, **2-3 mins**
- Plate up **rice**, **pork mixture** and **salsa**
- Serve with **aioli**, remaining **mint** and **lime wedges**

