



# Caribbean Coconut Jackfruit

with Garlic Rice & Tomato Salsa

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Baby Spinach Leaves



Tomato



Spring Onion



Flaked Almonds



Mild Caribbean Jerk Seasoning



BBQ Marinated Jackfruit



Coconut Milk



Long Red Chilli (Optional)

Hands-on: 20-30 mins  
 Ready in: 30-40 mins

Spicy (optional long red chilli)

Plant Based

Jackfruit marinated in saucy BBQ flavouring – our favourite (and totally irresistible) veggie alternative to pulled pork. Pair it with creamy coconut milk and Caribbean-style spices, plus a tried-and-true garlic rice for endless deliciousness!

### Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar

## 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
garlic	3 cloves	6 cloves
plant-based butter*	40g	80g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
carrot	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
tomato	1	2
spring onion	1 stem	2 stems
flaked almonds	1 packet	2 packets
mild Caribbean jerk seasoning	1 sachet	1 sachet
BBQ marinated jackfruit	1 packet	2 packets
coconut milk	1 box (200ml)	2 boxes (400ml)
water* (for the sauce)	½ cup	1 cup
white wine vinegar*	drizzle	drizzle
long red chilli (optional)	½	1

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3430kJ (820Cal)	679kJ (162Cal)
Protein (g)	13.7g	2.7g
Fat, total (g)	39.8g	7.9g
- saturated (g)	28.4g	5.6g
Carbohydrate (g)	99g	19.6g
- sugars (g)	28.3g	5.6g
Sodium (mg)	1172mg	232mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1 Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt 1/2 the **plant-based butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove 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 Cook the jackfruit

When the rice has **10 minutes** time remaining, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** until softened, **3-4 minutes**. Add the **mild Caribbean jerk seasoning** and remaining **garlic** and cook until fragrant, **1 minute**. Add the **BBQ marinated jackfruit**, **coconut milk**, remaining **butter** and **water (for the sauce)** and simmer until reduced, **2-3 minutes**. Season with **salt** and **pepper**.



## 2 Get prepped

While the rice is cooking, grate the **carrot**. Roughly chop the **baby spinach leaves** and **tomato**. Thinly slice the **spring onion**.



## 5 Make the tomato salsa

In a medium bowl, add the **tomato**, **baby spinach**, **spring onion** and a drizzle of **white wine vinegar** and **olive oil**. Toss to combine and season to taste.



## 3 Toast the almonds

Heat a large frying pan over a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.



## 6 Serve up

Thinly slice the **long red chilli** (if using). Divide the garlic rice between bowls. Top with the Caribbean coconut jackfruit and spoon over any remaining sauce from the pan. Garnish with the chilli and sprinkle over the toasted almonds. Serve with the tomato salsa.

Enjoy!