



# CARIBBEAN JERK TOFU

with Coconut Rice & Caramelised Pineapple Salsa



Add caramelised pineapple to a salsa



Coconut Milk



Basmati Rice



Pineapple Slices



Long Red Chilli (Optional)



Tomato



Cucumber



Mint



Firm Tofu



Mild Caribbean Jerk Seasoning



Baby Spinach Leaves

**Pantry Staples:** Olive Oil

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

Low calorie

Spicy (optional long red chilli)

Naturally gluten-free  
*Not suitable for Coeliacs*

Give tofu the "Jamaican jerk" treatment and bring the flavours of the Caribbean to your table. For the quintessential experience, serve the seasoned tofu with basmati rice cooked in coconut milk and an easy caramelised pineapple salsa.

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
 • **medium saucepan** with a **lid** • **medium frying pan**



**1 COOK THE COCONUT RICE**  
 In a medium saucepan, add the **coconut milk**, the **water** and **1/2 the salt** 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!



**2 GET PREPPED**  
 While the rice is cooking, drain the **pineapple slices**, reserving the pineapple juice. Finely chop the **long red chilli** (see ingredients list), if using. Finely chop the **tomato** and **cucumber**. Pick and thinly slice the **mint** leaves (reserve a few leaves for garnish).



**3 FLAVOUR THE TOFU**  
 Cut the **firm tofu** (see ingredients list) into steaks (2 per person). In a medium bowl, add the **tofu**, **mild Caribbean jerk seasoning**, the **remaining salt** and a **drizzle of olive oil**. Toss to coat and set aside.



**4 MAKE THE PINEAPPLE SALSA**  
 Heat a medium 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 medium bowl and add the **tomato**, **cucumber**, **chilli** (if using), **mint** and **pineapple juice** (**2 tbs for 2 people / 1/3 cup for 4 people**). (Keep the remaining pineapple juice for step 5.) Season to taste with **salt** and **pepper**, mix well and set aside.



**5 COOK THE TOFU**  
 Wash the frying pan and return to a medium-high heat with a **drizzle of olive oil**. Add the spiced **tofu** and cook until browned, **2 minutes** each side. Add **pineapple juice** (**2 tbs for 2 people / 1/3 cup for 4 people**) and cook until reduced slightly, **30 seconds**.  
 💡 **TIP:** The spice blend will char slightly in the pan, don't worry, this adds to the jerk flavour!



**6 SERVE UP**  
 Stir the **baby spinach leaves** through the rice until wilted. Divide the coconut rice, jerk tofu and caramelised pineapple salsa between bowls. Spoon over any pineapple glaze remaining in the pan and sprinkle with the reserved mint leaves. 💡 **TIP:** For the low-calorie option, serve with 3/4 of the coconut rice.

## ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
coconut milk	1 tin (165 ml)	2 tins (330 ml)
water*	1 cup	2 cups
salt*	½ tsp	1 tsp
basmati rice	1 packet	2 packets
pineapple slices	1 tin (225 g)	2 tins (450 g)
long red chilli (optional)	½	1
tomato	1	2
cucumber	1	2
mint	1 bunch	1 bunch
firm tofu	½ block	1 block
mild Caribbean jerk seasoning	1 sachet	2 sachets
baby spinach leaves	1 bag (30 g)	1 bag (60 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2200kJ (525Cal)	443kJ (106Cal)
Protein (g)	18.7g	3.8g
Fat, total (g)	16.0g	3.2g
- saturated (g)	8.2g	1.7g
Carbohydrate (g)	70.0g	14.1g
- sugars (g)	19.1g	3.9g
Sodium (g)	1230mg	247mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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