



Caribbean Pork Bowl & Charred Pineapple Salsa

with Garlic-Spinach Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Zucchini



Pineapple Slices



Pork Mince



Mild Caribbean Jerk Seasoning



Cucumber



Tomato



Mint



Lime



Baby Spinach Leaves

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, lime zest and charred pineapple, and you're ready to devour the flavours of the Caribbean!

Pantry items
 Olive Oil, Butter

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

	4 People
olive oil*	refer to method
garlic	6 cloves
butter*	40g
basmati rice	2 packets
water* (for the rice)	3 cups
salt*	½ tsp
zucchini	1
pineapple slices	1 tin
pork mince	1 packet
mild Caribbean jerk seasoning	2 sachets
water* (for the sauce)	2 tbs
cucumber	1
tomato	2
mint	1 bunch
lime	1
baby spinach leaves	1 bag (90g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2670kJ (637Cal)	535kJ (128Cal)
Protein (g)	36.7g	7.4g
Fat, total (g)	19.5g	3.9g
- saturated (g)	9.3g	1.9g
Carbohydrate (g)	74.1g	14.9g
- sugars (g)	12.2g	2.5g
Sodium (g)	1090mg	218mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add **1/2** the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt** and 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!



2. Get prepped

While the rice is cooking, grate the **zucchini**. 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. Set aside in a large bowl.



4. Cook the pork mince

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



5. Make the salsa

While the mince is cooking, roughly chop the **cucumber** and **tomato**. Pick and thinly slice the **mint** leaves. Zest the **lime** to get a **good pinch** and slice into wedges. To the bowl with the **pineapple**, add the **cucumber**, **tomato**, **mint**, **lime zest**, a **good squeeze** of **lime juice** and a **small drizzle** of **olive oil**. Stir to combine. Roughly chop the **baby spinach leaves**.



6. Serve up

Stir the spinach through the garlic rice. Divide the garlic-spinach rice between bowls and top with the Caribbean pork. Spoon over the charred pineapple salsa. Serve any remaining extra lime wedges on the adults' portions.

Enjoy!