



Caribbean Pork & Coconut Rice

with Caramelised Pineapple Salsa

Grab your Meal Kit with this symbol



Garlic



Mild Caribbean Jerk Seasoning



Pork Loin Steaks



Coconut Milk



Chicken-Style Stock Powder



Basmati Rice



Pineapple Slices



Baby Spinach Leaves



Tomato



Cucumber



Long Red Chilli (Optional)



Mint

- Hands-on: 25-35 mins
- Ready in: 35-45 mins
- Spicy (optional long red chilli)

Have we told you lately that we love you? Actions speak louder than words, so we'll let this mouth-watering meal say it for us. We hope that with every delicious mouthful, you get the message!

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
garlic	2 cloves	4 cloves
mild Caribbean jerk seasoning	1 sachet	1 sachet
pork loin steaks	1 packet	1 packet
coconut milk	1 tin (200ml)	1 tin (400ml)
water*	¾ cup	1½ cups
chicken-style stock powder	1 sachet	1 sachet
basmati rice	1 packet	1 packet
pineapple slices	1 tin	2 tins
baby spinach leaves	1 bag (30g)	1 bag (60g)
tomato	1	2
cucumber	1 (medium)	1 (large)
long red chilli (optional)	½	1
mint	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3166kJ (756Cal)	522kJ (124Cal)
Protein (g)	44.4g	7.3g
Fat, total (g)	25.9g	4.3g
- saturated (g)	18.6g	3.1g
Carbohydrate (g)	83.9g	13.8g
- sugars (g)	21.2g	3.5g
Sodium (mg)	1293mg	213mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Flavour the pork

Finely chop the **garlic**. In a medium bowl, combine the **mild Caribbean jerk seasoning**, **garlic** and a splash of **water**. Add the **pork loin steaks**, season with **salt** and turn to coat. Set aside.



Cook the pork

Return the frying pan to a medium heat with a drizzle of **olive oil**. When the oil is hot, cook the **pork** until cooked through, **4-5 minutes** each side (depending on thickness). Transfer to a plate and cover with foil to rest for **5 minutes**.

TIP: Don't worry if the spice blend chars a little in the pan, this adds to the flavour!

TIP: Pork can be served slightly blushing pink in the centre.



Cook the coconut rice

In a medium saucepan, add the **coconut milk**, the **water** and **chicken-style stock powder** 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!



Make the pineapple salsa

While the pork is resting, roughly chop the charred **pineapple** and **baby spinach leaves**. Finely chop the **tomato** and **cucumber**. Finely chop the **long red chilli** (if using). In a second medium bowl, add the **pineapple**, **baby spinach**, **tomato**, **cucumber**, **chilli** and a splash of the reserved **pineapple juice**. Season to taste and mix well to combine.



Char the pineapple

While the rice is cooking, reserve the **pineapple juice**, then drain the **pineapple slices**. Heat a large frying pan over a high heat. Cook the **pineapple** until lightly charred, **2-3 minutes** each side. Transfer to a plate and allow to cool slightly.



Serve up

Pick and thinly slice the **mint** leaves. Slice the Caribbean pork. Divide the coconut rice, pork and caramelised pineapple salsa between plates. Spoon over any pork resting juices and garnish with the mint.

Enjoy!