



# Caribbean Spiced Pork Bowl

with Garlic Rice & Charred Pineapple Salsa

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Pineapple Slices



Cucumber



Tomato



Coriander



Lime



Long Red Chilli (Optional)



Pork Mince



Mild Caribbean Jerk Seasoning

Hands-on: 15 mins  
 Ready in: 25 mins  
 Spicy (optional long red chilli)

Naturally gluten-free  
 Not suitable for Coeliacs

This delicious bowl is packed full of island flair. Take one part juicy pork mince, one part tropical flavour and add just a bit of heat, and you have an authentic Caribbean meal in less than half an hour!

**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	2 cloves
butter*	40g
basmati rice	2 packets
water*	3 cups
salt*	½ tsp
pineapple slices	1 tin (227g)
cucumber	2
tomato	2
coriander	1 bag
lime	1
long red chilli (optional)	1
pork mince	1 packet
mild Caribbean jerk seasoning	2 sachets

\*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

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/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** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add **2/3** of the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, 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!



### 4. Make the salsa

In a medium bowl, add the **tomato**, **cucumber**, **pineapple**, **lime zest** and **1/2** the **coriander**. Add a **generous squeeze** of **lime juice** and a **drizzle** of **olive oil**. Toss to coat and season to taste with **salt** and **pepper**.



### 2. Char the pineapple

While the rice is cooking, drain the **pineapple** slices. Heat a large frying pan over a high heat. Add the **pineapple slices** and cook, turning occasionally, until browned and slightly charred, **3-4 minutes**. Set aside to cool slightly.



### 5. Cook the pork

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **pork mince** and cook, breaking up with a spoon, until browned and cooked through, **4-5 minutes**. Add the **mild Caribbean jerk seasoning** and **remaining garlic** and cook until fragrant, **1 minute**.



### 3. Get prepped

While the pineapple is charring, roughly chop the **cucumber**, **tomato** and **coriander**. Zest the **lime** to get a **generous pinch** and cut into wedges. Thinly slice the **long red chilli** (see **ingredient list**), if using. Roughly chop the **charred pineapple**.



### 6. Serve up

Divide the garlic rice and Caribbean spiced pork between bowls. Top with the charred pineapple salsa. Garnish the adults' portions with the remaining coriander and chilli (if using). Serve with the remaining lime wedges.

**Enjoy!**