



# Mild Caribbean Spiced Fish

with Pineapple Salsa & Garlic-Spinach Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Pineapple Slices



Tomato



Baby Spinach Leaves



Mint



White Fish Fillet



Mild Caribbean Jerk Seasoning

Hands-on: 20 mins  
 Ready in: 25 mins

Low Calorie

Caribbean spice is such a party for your mouth that we had to step up every element of this lively dish, from the pineapple and salsa to the garlic-spinach rice. Packed with flavour and ready in a flash – what's not to love?

### Pantry items

Olive Oil, Butter, White Wine Vinegar, Plain Flour

## 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	4 cloves
butter*	40g
basmati rice	2 packets
water*	3 cups
salt*	½ tsp
pineapple slices	1 tin (225g)
tomato	2
baby spinach leaves	1 bag (90g)
mint	1 bunch
white wine vinegar*	2 tsp
white fish fillet	1 packet
mild Caribbean jerk seasoning	2 sachets
plain flour*	1 tbs

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2290kJ (547Cal)	577kJ (138Cal)
Protein (g)	35.4g	8.9g
Fat, total (g)	10.3g	2.6g
- saturated (g)	5.8g	1.5g
Carbohydrate (g)	74.1g	18.7g
- sugars (g)	10.7g	2.7g
Sodium (g)	1200mg	304mg

### Allergens

Please visit [HelloFresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient 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 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!



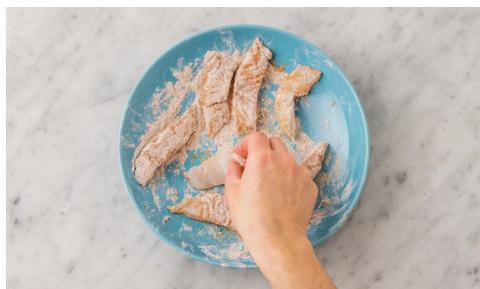
### 2. Get prepped

While the rice is cooking, reserve the **pineapple juice**, then drain and roughly chop the **pineapple slices**. Finely chop the **tomato**. Roughly chop the **baby spinach leaves**. Pick and thinly slice the **mint** leaves.



### 3. Make the salsa

Heat a large frying pan over a high heat. Add the **pineapple** and cook until lightly charred, **4-5 minutes**. Transfer to a medium bowl and allow to cool slightly. Add the **tomato**, **mint**, **white wine vinegar** and **1 tbs** of the **reserved pineapple juice** to the bowl. Season to taste with **salt** and **pepper**, mix well and set aside.



### 4. Flavour the fish

Slice the **white fish fillets** into 2cm strips. Combine the **mild Caribbean jerk seasoning** and **plain flour** on a plate. Add the **fish** to the **flour mixture** and gently toss to coat.



### 5. Cook the fish

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add **1/2** the **fish** to the pan and cook, turning, until just cooked through, **2-3 minutes** each side. Transfer to a plate and repeat with the **remaining fish**.

**TIP:** The fish is cooked through when the centre turns from translucent to white.



### 6. Serve up

Stir the baby spinach through the garlic rice. Divide the mild Caribbean spiced fish, garlic-spinach rice and pineapple salsa between plates.

**Enjoy!**