



Sweet & Smokey Pork Bowl

with Coconut Rice & Charred Pineapple Salsa

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Pineapple Slices



Cucumber



Tomato



Coriander



Long Red Chilli (Optional)



Lemon



Garlic



Pork Strips



Mild Caribbean Jerk Seasoning



Hands-on: **10-20 mins**
Ready in: **30-40 mins**



Naturally gluten-free
Not suitable for Coeliacs



Spicy (optional long red chilli)

Get ready for a little taste of the Caribbean tonight! With juicy pork strips coated in our tasty jerk seasoning and a tangy pineapple salsa, it will quickly turn into a favourite dinner.

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
coconut milk	1 tin (165ml)	1 tin (400ml)
water*	¾ cup	1½ cup
salt*	½ tsp	1 tsp
basmati rice	1 packet	2 packets
pineapple slices	1 tin (227g)	2 tins (454g)
cucumber	1	2
tomato	1	2
coriander	1 bag	1 bag
long red chilli (optional)	1	2
lemon	½	1
garlic	2 cloves	4 cloves
pork strips	1 packet	1 packet
mild Caribbean jerk seasoning	1 sachet	2 sachets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3872kJ (925Cal)	591kJ (141Cal)
Protein (g)	39.2g	6g
Fat, total (g)	44g	6.7g
- saturated (g)	32g	4.9g
Carbohydrate (g)	87.1g	13.3g
- sugars (g)	21.9g	3.3g
Sodium (mg)	1930mg	295mg

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. Make the coconut rice

In a medium saucepan, add the **coconut milk**, the **water** and 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. Roughly chop the **cucumber** and **tomato**. Roughly chop the **coriander**. Thinly slice the **long red chilli** (if using). Slice the **lemon** (see **ingredients list**) into wedges. Finely chop the **garlic** (or use a garlic press). Place the **garlic**, **pork strips** and **mild Caribbean jerk seasoning** in a bowl. **Drizzle** with **olive oil**, season with **pepper** and toss to coat.



3. Char the pineapple

Heat a large frying pan over a high heat. Add the **pineapple** and cook, turning occasionally, until browned and slightly charred, **3-4 minutes**. Transfer to a plate to cool slightly.



4. Cook the pork strips

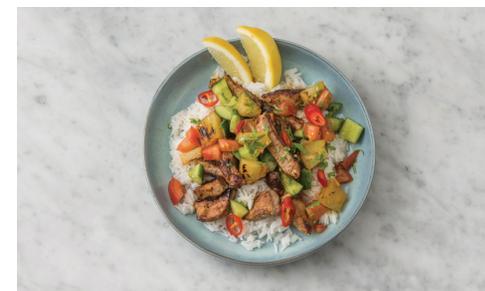
Return the frying pan to a high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **pork strips** and cook until browned and cooked through, **2-3 minutes**. Set aside.

TIP: Cook in batches if the pan is crowded.



5. Make the pineapple salsa

Roughly chop the **charred pineapple**. In a large bowl, combine the **pineapple**, **tomato**, **cucumber** and **coriander**. Add a **good squeeze** of **lemon juice** and a **drizzle** of **olive oil**. Toss to coat and season to taste with **salt** and **pepper**.



6. Serve up

Divide the coconut rice between bowls. Top with the sweet and smoky pork and spoon over the charred pineapple salsa. Serve with lemon wedges and chilli (if using).

Enjoy!