















Caribbean Coconut & Veggie Curry




with Pineapple Salsa & Jasmine Rice


Grab your Meal Kit with this symbol



Keep an eye out...
Due to recent sourcing challenges, we've replaced baby spinach with tomato, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

-  Carrot
-  Peeled & Chopped Pumpkin
-  Jasmine Rice
-  Green Beans
-  Garlic
-  Pineapple Slices
-  Lemon
-  Tomato
-  Coriander
-  Long Green Chilli (Optional)
-  Mild Caribbean Jerk Seasoning
-  Tomato Paste
-  Coconut Cream
-  Vegetable Stock Powder
-  Chicken Breast

 Hands-on: **20-30 mins**
 Ready in: **25-35 mins**
 Spicy (optional long green chilli)

 Eat Me Early*
**Custom Recipe Only*

Serve up the flavours of Caribbean cuisine in a colourful and exciting bowl! With fluffy jasmine rice and a creamy coconut curry loaded with all kinds of veggies, then topped off by a scattering of charred pineapple salsa, this bowl gets better with every bite.

 **CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	2	4
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
green beans	1 bag (100g)	1 bag (200g)
garlic	2 cloves	4 cloves
pineapple slices	1 tin	2 tins
lemon	½	1
tomato	1	2
coriander	1 bag	1 bag
long green chilli (optional)	½	1
mild Caribbean jerk seasoning	1 sachet	1 sachet
tomato paste	½ packet	1 packet
water* (for the curry)	¼ cup	½ cup
coconut cream	1 box (200ml)	1 box (400ml)
vegetable stock powder	1 medium sachet	1 large sachet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3266kJ (781Cal)	461kJ (110Cal)
Protein (g)	14.4g	2g
Fat, total (g)	31g	4.4g
- saturated (g)	24.4g	3.4g
Carbohydrate (g)	104.1g	14.7g
- sugars (g)	33.9g	4.8g
Sodium (mg)	1316mg	186mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4025kJ (962Cal)	463kJ (111Cal)
Protein (g)	46.9g	5.4g
Fat, total (g)	36.6g	4.2g
- saturated (g)	26.1g	3g
Carbohydrate (g)	104.1g	12g
- sugars (g)	33.9g	3.9g
Sodium (mg)	1415mg	163mg

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](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.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)

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Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Slice the **carrot** into thick half-moons. Place the **peeled & chopped pumpkin, carrot** and a drizzle of **olive oil** on a lined oven tray. Season with **pepper** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.



Make the curry

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **green beans**, stirring, until softened, **4-5 minutes**. Add the **garlic, mild Caribbean jerk seasoning** and **tomato paste** (see ingredients) and cook, stirring, until fragrant, **1-2 minutes**. Add the **water (for the curry), coconut cream** and **vegetable stock powder**. Bring to a simmer and cook until slightly thickened, **3-4 minutes**.

CUSTOM RECIPE

If you've added chicken breast to your meal, cut the chicken into 2cm chunks. In a large frying pan, heat a drizzle of olive oil over a high heat. Cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl. Continue with step.



Cook the rice

While the veggies are roasting, add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Finish the curry

Stir the **roasted veggies** and a squeeze of **lemon juice** through the **curry**.

TIP: Add a splash of water if the curry looks too thick.

CUSTOM RECIPE

Stir the chicken through the curry along with the roasted veggies.



Make the salsa

While the rice is cooking, trim and halve the **green beans**. Finely chop the **garlic**. Drain and roughly chop the **pineapple slices**. Zest the **lemon** to get a pinch, then slice into wedges. Roughly chop the **tomato** and **coriander**. Thinly slice the **long green chilli** (if using). In a medium bowl, combine the **pineapple, lemon zest, tomato** and **coriander**. Set aside.



Serve up

Stir the chilli through the pineapple salsa. Divide the jasmine rice between bowls. Top with the Caribbean coconut and veggie curry and pineapple salsa. Serve with any remaining lemon wedges.

Enjoy!