












Caribbean Pulled Pork Bowl

with Coconut Rice & Charred Pineapple Salsa

Grab your Meal Kit with this symbol 



-  Coconut Milk
-  Basmati Rice
-  Pineapple Slices
-  Cucumber
-  Tomato
-  Coriander
-  Lime
-  Garlic
-  Long Green Chilli (Optional)
-  Mild Caribbean Jerk Seasoning
-  Pulled Pork

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

We've packed the signature flavours of the Caribbean into this pulled pork bowl with mild jerk seasoning and a tangy charred pineapple salsa, but we think the rich coconut rice on the side might just be the best bit!

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

| | 4 People |
|-------------------------------|-----------------|
| olive oil* | refer to method |
| coconut milk | 1 tin (400ml) |
| water* (for the rice) | 1½ cups |
| salt* | ½ tsp |
| basmati rice | 2 packets |
| pineapple slices | 1 tin (225g) |
| cucumber | 1 |
| tomato | 2 |
| coriander | 1 bunch |
| lime | 1 |
| garlic | 2 cloves |
| long green chilli (optional) | 1 |
| mild Caribbean jerk seasoning | 2 sachets |
| pulled pork | 1 packet |
| water* (for the pork) | 2 tbs |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2830kJ (677Cal) | 560kJ (134Cal) |
| Protein (g) | 36.6g | 7.2g |
| Fat, total (g) | 21.4g | 4.2g |
| - saturated (g) | 13.5g | 2.7g |
| Carbohydrate (g) | 76.0g | 15.0g |
| - sugars (g) | 12.8g | 2.5g |
| Sodium (g) | 1440mg | 284mg |

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen 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 coconut rice

In a medium saucepan, add the **coconut milk**, **water (for the rice)** 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. Char the pineapple

While the rice is cooking, drain the **pineapple slices**. 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 and allow to cool slightly.



3. Get prepped

While the pineapple is charring, roughly chop the **cucumber**, **tomato** and **coriander**. Zest the **lime** to get a **generous pinch**, then slice into wedges. Finely chop the **garlic** (or use a garlic press). Thinly slice the **long green chilli** (if using). Roughly chop the charred **pineapple**.



4. Make the salsa

In a medium bowl, add the **cucumber**, **tomato**, **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 with **salt** and **pepper** to taste.



5. Cook the pulled pork

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **garlic** and **mild Caribbean jerk seasoning** and cook until fragrant, **1 minute**. Add the **pulled pork** and stir until heated through, **2 minutes**. Add the **water (for the pork)** and stir to combine.



6. Serve up

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

Enjoy!