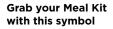
Caribbean Pulled Pork Bowl

with Coconut Rice & Charred Pineapple Salsa













Pineapple Slices Cucumber





Tomato







Coriander

Lime



Long Green Chilli (Optional)



Mild Caribbean Jerk Seasoning



Pulled Pork



Pantry items Olive Oil



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!

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)	1⅓ 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 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!