



# Caribbean Bean & Capsicum Coconut Soup

with Roasted Sweet Potato & Green Beans

Grab your Meal Kit with this symbol



Sweet Potato



Capsicum



Lime



Red Kidney Beans



Green Beans



Garlic Paste



Mild Caribbean Jerk Seasoning



Diced Tomatoes with Garlic & Onion



Coconut Milk



Vegetable Stock Powder



Chicken Breast

Prep in: **10-20 mins**  
Ready in: **35-45 mins**

Eat Me Early\*  
*\*Custom Recipe only*

Channel the flavours of the Caribbean into a hearty soup with kidney beans and roasted sweet potato. Capsicum, green beans, lime, coconut and Caribbean spices bring loads of flavour and tropical vibes too.

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

### Pantry items

Olive Oil



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	1	2
capsicum	1	2
lime	½	1
red kidney beans	1 packets	2 packets
green beans	1 small bag	1 medium bag
garlic paste	1 packet	2 packets
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 box	2 boxes
coconut milk	2 medium packets	4 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3115kJ (745Cal)	360kJ (86Cal)
Protein (g)	27.3g	3.2g
Fat, total (g)	39.2g	4.5g
- saturated (g)	30g	3.5g
Carbohydrate (g)	69.5g	8g
- sugars (g)	28.4g	3.3g
Sodium (mg)	2249mg	260mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3867kJ (924Cal)	375kJ (90Cal)
Protein (g)	61.3g	5.9g
Fat, total (g)	43.9g	4.3g
- saturated (g)	31.4g	3g
Carbohydrate (g)	69.5g	6.7g
- sugars (g)	28.4g	2.8g
Sodium (mg)	2333mg	226mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato** into small chunks. Cut **capsicum** into large chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks. Heat a large frying pan, with a drizzle of olive oil over high heat. Once oil is hot, add chicken, tossing, until cooked through (when no longer pink inside) and slightly golden, 5-6 minutes. Remove from heat and set aside.

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## Finish the soup

- Add **kidney beans** and **green beans** to the soup. Bring to a simmer and cook until slightly thickened, **6-10 minutes**.
- Stir through roasted **veggies**. Season to taste.
- Add a squeeze of **lime juice** to taste.

**TIP:** Stir through a splash of water if the soup is too thick.

**Custom Recipe:** Add the cooked chicken breast to the soup with the kidney beans and green beans.

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## Start the soup

- Meanwhile, cut **lime** into wedges. Drain and rinse **red kidney beans**. Trim **green beans**.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic paste** and **mild Caribbean jerk seasoning**, stirring, until fragrant, **1-2 minutes**.
- Add **diced tomatoes with garlic & onion**, **coconut milk** and **vegetable stock powder**, stirring to combine.

4



## Serve up

- Divide Caribbean bean and capsicum coconut soup between bowls.
- Serve with any remaining lime wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)