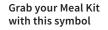


# Caribbean Kidney Bean & Coconut Soup

with Roasted Sweet Potato & Capsicum

CLIMATE SUPERSTAR









Sweet Potato







Lime







Green Beans



Jerk Seasoning



**Diced Tomatoes** 





Coconut Milk



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 brimming with red kidney beans, creamy coconut milk and roasted root veggies. Zingy lime and mild Caribbean spices bring the tropical vibes, while the capsicum adds a subtly sweet depth of flavour.

**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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	1	2		
capsicum	1	2		
lime	1/2	1		
red kidney beans	1 packet	2 packets		
green beans	1 small bag	1 medium bag		
garlic paste	1 packet	2 packets		
mild Caribbean jerk seasoning	1 medium sachet	2 medium sachets OR 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	2 small packets OR 1 large packet		

<sup>\*</sup>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 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





- 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.



# 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 though 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:** Return chicken to the soup with roasted veggies, stir to heat through. Continue with step.



# 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.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm pieces. Before starting the soup, heat saucepan as above. When oil is hot, cook chicken, tossing, until cooked through (when no longer pink inside), 4-5 minutes. Transfer to a bowl. Continue with step as above.



# Serve up

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

#### Rate your recipe

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