

# Caribbean Coconut Black Bean Chilli

with Garlic Rice & Tomato Salsa

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic Paste



Basmati Rice



Carrot



Capsicum



Black Beans



Mild Caribbean Jerk Seasoning



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Tomato



Coriander



Light Sour Cream



Beef Mince

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

Fibre and protein-packed black beans provide the perfect hearty base for a vegetarian chilli. Complete with fragrant garlic rice and a coriander-flecked tomato salsa, this is one delish dish.

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

## Pantry items

Olive Oil, Butter, White Wine Vinegar

## 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

Medium saucepan with a lid · Large frying pan

## Ingredients

|                                  | 2 People        | 4 People                             |
|----------------------------------|-----------------|--------------------------------------|
| <b>olive oil*</b>                | refer to method | refer to method                      |
| <b>butter*</b>                   | 20g             | 40g                                  |
| garlic paste                     | 1 packet        | 2 packets                            |
| basmati rice                     | 1 medium packet | 1 large packet                       |
| <b>water*</b><br>(for the rice)  | 1½ cups         | 3 cups                               |
| carrot                           | 1               | 2                                    |
| capsicum                         | 1               | 2                                    |
| black beans                      | 1 packet        | 2 packets                            |
| mild Caribbean jerk seasoning    | 1 medium sachet | 1 large sachet                       |
| tomato paste                     | 1 packet        | 1 packet                             |
| <b>water*</b><br>(for the sauce) | ¼ cup           | ½ cup                                |
| coconut milk                     | 1 packet        | 2 packets                            |
| vegetable stock powder           | 1 medium sachet | 1 large sachet                       |
| tomato                           | 1               | 2                                    |
| coriander                        | 1 bag           | 1 bag                                |
| <b>white wine vinegar*</b>       | drizzle         | drizzle                              |
| light sour cream                 | 1 medium packet | 1 large packet                       |
| beef mince**                     | 1 small packet  | 2 small packets<br>OR 1 large packet |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3604kJ (861Cal) | 515kJ (123Cal) |
| Protein (g)      | 28.2g           | 4g             |
| Fat, total (g)   | 32.8g           | 4.7g           |
| - saturated (g)  | 24.3g           | 3.5g           |
| Carbohydrate (g) | 106.7g          | 15.2g          |
| - sugars (g)     | 21.2g           | 3g             |
| Sodium (mg)      | 1529mg          | 218mg          |

### Custom Recipe

| Avg Qty          | Per Serving      | Per 100g       |
|------------------|------------------|----------------|
| Energy (kJ)      | 4551kJ (1088Cal) | 552kJ (132Cal) |
| Protein (g)      | 55.7g            | 6.8g           |
| Fat, total (g)   | 45.7g            | 5.5g           |
| - saturated (g)  | 29.9g            | 3.6g           |
| Carbohydrate (g) | 106.7g           | 12.9g          |
| - sugars (g)     | 21.2g            | 2.6g           |
| Sodium (mg)      | 1603mg           | 194mg          |

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://www.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



## Cook the garlic rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook half the **garlic paste** until fragrant, **1-2 minutes**. Add **basmati rice**, **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from 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!



## Prep the salsa

- While the chilli is simmering, roughly chop **tomato**.
- Roughly chop **coriander**.



## Get prepped

- While the rice is cooking, grate **carrot**.
- Roughly chop **capsicum**.
- Drain and rinse **black beans**.

**Custom Recipe:** If you've added beef mince, only drain and rinse half of the black beans.



## Make the salsa

- In a medium bowl, combine a drizzle of the **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.
- Add **tomato** and **coriander**, tossing to coat.



## Make the chilli

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot**, **capsicum**, **mild Caribbean jerk seasoning**, **tomato paste** and remaining **garlic paste** until fragrant, **2-3 minutes**.
- Stir in the **water (for the sauce)**, **coconut milk**, **black beans** and **vegetable stock powder**. Simmer until thickened, **2-4 minutes**.

**Custom Recipe:** Heat pan as above. Before adding the veggies, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Drain oil from pan. Continue as above.



## Serve up

- Divide the garlic rice and Caribbean bean chilli between bowls.
- Top with tomato-coriander salsa and a dollop of **light sour cream** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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