

Caribbean Coconut Black Bean Chilli

with Garlic Rice & Tomato Salsa

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol











Carrot





Black Beans



Jerk Seasoning





Tomato Paste





Vegetable Stock Powder

Coriander





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.

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 |
|----------------------------------|-----------------|--------------------------------------|
| olive oil* | refer to method | refer to method |
| butter* | 20g | 40g |
| garlic paste | 1 packet | 2 packets |
| basmati rice | 1 medium packet | 1 large packet |
| water* (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 |
| water* (for the sauce) | 1/4 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 |
| white wine vinegar* | drizzle | drizzle |
| light sour cream | 1 medium packet | 1 large packet |
| beef mince** | 1 small packet | 2 small packets 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 552kJ (132Cal) Energy (kJ) 4551kJ (1088Cal) 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

1603mg

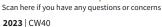
The quantities provided above are averages only.

Allergens

Sodium (mg)

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!





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!



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 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.



Prep the salsa

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



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.



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!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate



194mg