



Cheesy Caribbean Veggie & Kidney Bean Rice

with Greek Style Yoghurt

KID FRIENDLY

CLIMATE SUPERSTAR

NEW

Grab your Meal Kit with this symbol



Brown Onion



Carrot



Corn Kernels



Red Kidney Beans



Garlic Paste



Mild Caribbean Jerk Seasoning



Basmati Rice



Vegetable Stock Powder



Baby Spinach Leaves



Cheddar Cheese



Greek Style Yoghurt



Coriander



Cheddar Cheese

Prep in: 15-25 mins
Ready in: 40-50 mins

Loaded with red kidney beans, carrot, corn and mild Caribbean jerk seasoning, this fluffy rice bursts with flavour in every bite. This one-pot delight will be whipped up in a flash and you'll have very little cleaning up to do. What more could you want?

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

Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
carrot	1	2
corn kernels	1 small tin	2 small tins
red kidney beans	1 packet	2 packets
garlic paste	1 packet	2 packets
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
basmati rice	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
boiling water*	1¾ cups	3½ cups
baby spinach leaves	1 small bag	1 medium bag
Cheddar cheese	1 large packet	2 large packets
Greek style yoghurt	1 medium packet	1 large packet
coriander	1 bag	1 bag
Cheddar cheese**	1 large packet	2 large packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3204kJ (766Cal)	547kJ (131Cal)
Protein (g)	37g	6.3g
Fat, total (g)	19.7g	3.4g
- saturated (g)	10.3g	1.8g
Carbohydrate (g)	107.3g	18.3g
- sugars (g)	18.5g	3.2g
Sodium (mg)	1912mg	327mg

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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



Get prepped

- Boil the kettle.
- Roughly chop **brown onion**.
- Grate **carrot**.
- Drain **corn kernels**.
- Drain and rinse **red kidney beans**.

Little cooks: Under adult supervision, older kids can help grate the carrot.



Cook the rice

- Add **basmati rice**, **kidney beans** and **corn** to pan, stirring to coat. Stir in **vegetable stock powder** and the **boiling water** (1¾ cups for 2 people / 3½ cups for 4 people).
- Cover with a lid and reduce heat to low. Cook for **16 minutes**, then remove pan from heat and keep covered until rice is tender and water is absorbed, **5 minutes**.
- Uncover, then stir through **baby spinach leaves** and half the **Cheddar cheese**. Season with **pepper**.

TIP: The rice will finish cooking in its own steam, so don't peek!

Custom Recipe: If you've doubled your Cheddar cheese, continue with step as above.



Cook the veggies

- In a large saucepan, heat a drizzle of **olive oil** over high heat.
- Cook **onion** and **carrot**, stirring, until softened, **4-5 minutes**.
- Stir in **garlic paste** and **mild Caribbean jerk spice blend** and cook until fragrant, **1 minute**.



Serve up

- Divide Caribbean veggie and kidney bean rice between bowls.
- Sprinkle over remaining cheese.
- Top with **Greek style yoghurt** and tear over **coriander** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the cheese and coriander!

Custom Recipe: Sprinkle remaining cheese over bowl.

Rate your recipe

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