



# Caribbean Beef & Veggie Spiced Rice

with Coconut Sweet Chilli Mayo & Coriander

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Sweetcorn



Lime



Soffritto Mix



Beef Mince



Mild Caribbean Jerk Seasoning



Garlic Paste



Baby Spinach Leaves



Chicken Stock Pot



Coconut Sweet Chilli Mayonnaise



Coriander



Beef Mince

Prep in: **5-15 mins**  
Ready in: **20-30 mins**

A veggie-loaded rice bowl will keep you super full and satisfied, especially with the addition of Caribbean spiced beef. To transport you to island time the lime, coconut sweet chilli mayo and coriander will happily assist you on a flavour-filled ride.

**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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
sweetcorn	1 medium tin	1 large tin
lime	½	1
soffritto mix	1 medium packet	1 large packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
garlic paste	1 medium packet	2 medium packets
baby spinach leaves	1 small packet	1 medium packet
chicken stock pot	1 packet	2 packets
coconut sweet chilli mayonnaise	1 medium packet	1 large packet
coriander	1 packet	1 packet
beef mince**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3185kJ (761Cal)	736kJ (176Cal)
Protein (g)	36.9g	8.5g
Fat, total (g)	32.5g	7.5g
- saturated (g)	7.6g	1.8g
Carbohydrate (g)	76.8g	17.7g
- sugars (g)	11.6g	2.7g
Sodium (mg)	1728mg	399mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4131kJ (987Cal)	740kJ (177Cal)
Protein (g)	64.5g	11.6g
Fat, total (g)	45.4g	8.1g
- saturated (g)	13.2g	2.4g
Carbohydrate (g)	76.8g	13.8g
- sugars (g)	11.6g	2.1g
Sodium (mg)	1802mg	323mg

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



## Cook the rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**. Drain.
- Meanwhile, drain **sweetcorn**.
- Slice **lime** into wedges.



## Bring it all together

- Reduce heat to medium then add **mild Caribbean jerk seasoning** and **garlic paste** and cook, until fragrant, **1 minute**.
- Add cooked **rice**, **baby spinach leaves**, **chicken stock pot**, a splash of **water** and a good squeeze of **lime juice**, tossing, until well combined, **1-2 minutes**. Season to taste.



## Cook the beef

- Heat a large frying pan over high heat.
- Cook **soffritto mix**, **sweetcorn** and **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **4-5 minutes**.

**Custom Recipe:** If you've doubled your beef mince, cook beef as above, in batches if your pan is getting crowded.



## Serve up

- Divide Caribbean beef and veggie spiced rice between bowls.
- Top with **coconut sweet chilli mayonnaise**.
- Tear over **coriander**. Serve with any remaining lime wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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