



# Cheesy Caribbean Bean & Veggie Rice

with Yoghurt & Coriander

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Brown Onion



Carrot



Sweetcorn



Red Kidney Beans



Garlic Paste



Mild Caribbean Jerk Seasoning



Basmati Rice



Vegetable Stock Powder



Baby Spinach Leaves



Cheddar Cheese



Coriander



Greek-Style Yoghurt



Beef Strips

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
<b>olive oil*</b>	refer to method	refer to method
brown onion	1	2
carrot	1	2
sweetcorn	1 medium tin	1 large tin
red kidney beans	1 medium packet	2 medium packets
garlic paste	1 medium packet	2 medium 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
<b>boiling water*</b>	1¾ cups	3½ cups
baby spinach leaves	1 small packet	1 medium packet
Cheddar cheese	1 large packet	2 large packets
coriander	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet
beef strips**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2817kJ (673Cal)	521kJ (125Cal)
Protein (g)	30.5g	5.6g
Fat, total (g)	11.9g	2.2g
- saturated (g)	5.8g	1.1g
Carbohydrate (g)	107.5g	19.9g
- sugars (g)	18.5g	3.4g
Sodium (mg)	1663mg	308mg
Dietary Fibre (g)	26.2g	4.5g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3600kJ (860Cal)	541kJ (129Cal)
Protein (g)	60g	9g
Fat, total (g)	19.5g	2.9g
- saturated (g)	9g	1.4g
Carbohydrate (g)	107.5g	16.2g
- sugars (g)	18.6g	2.8g
Sodium (mg)	1726mg	259mg
Dietary Fibre	26.2g	3.7g

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



## Get prepped

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

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

**Custom Recipe:** If you've added beef strips, only drain and rinse half the red kidney beans.



## 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**.

**Custom Recipe:** When the rice has 5 minutes remaining, heat a large frying pan with a drizzle of olive oil over high heat. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Season to taste. Transfer to a plate.



## 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:** Top rice with beef strips to serve.

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)