

Caribbean Black Bean Chilli

with Garlic Rice & Tomato Salsa

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Garlic



Jasmine Rice



Capsicum



Black Beans



Mild Caribbean Jerk Seasoning



Tomato Paste



Coconut Milk



Vegetable Stock Pot



Tomato



Coriander



Spring Onion



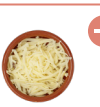
Light Sour Cream



Cheddar Cheese



Beef Mince



Cheddar Cheese

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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
garlic	2 cloves	4 cloves
butter*	20g	40g
water* (for the rice)	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
capsicum	1	2
black beans	1 packet	2 packets
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
water* (for the sauce)	¼ cup	½ cup
coconut milk	1 packet	2 packets
vegetable stock pot	½ packet	1 packet
tomato	1	2
coriander	1 packet	1 packet
spring onion	1 stem	2 stems
white wine vinegar*	drizzle	drizzle
light sour cream	1 medium packet	1 large packet
Cheddar cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3754kJ (897cal)	341kJ (81cal)
Protein (g)	31.3g	2.8g
Fat, total (g)	39.6g	3.6g
- saturated (g)	29.4g	2.7g
Carbohydrate (g)	97.5g	8.8g
- sugars (g)	12.3g	1.1g
Sodium (mg)	1575mg	142.9mg
Dietary Fibre (g)	20g	1.8g

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.



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt half the **butter** with a dash of **olive oil** over medium-high heat.
- Cook half the **garlic** until fragrant, **1 minute**. Add the **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil.
- Add **jasmine rice**, then 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** and **coriander**.
- Thinly slice **spring onion**.



Get prepped

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



Make the chilli

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



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**, **coriander** and **spring onion**, tossing to coat.



Serve up

- Divide garlic rice and Caribbean black bean chilli between bowls.
- Top with tomatosalsa and a dollop of **light sour cream**.
- Sprinkle over **Cheddar cheese** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW44



CUSTOM OPTIONS

+ ADD BEEF MINCE

Before starting chilli, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

+ DOUBLE CHEDDAR CHEESE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

