




Caribbean Bean & Coconut Soup

with Roasted Sweet Potato

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Carrot
-  Capsicum
-  Garlic
-  Spring Onion
-  Long Red Chilli (Optional)
-  Lime
-  Red Kidney Beans
-  Mild Caribbean Jerk Seasoning
-  Diced Tomatoes With Garlic & Olive Oil
-  Coconut Milk
-  Vegetable Stock
-  Baby Spinach Leaves

-  Hands-on: **10-20 mins**
-  Ready in: **35-45 mins**
-  Naturally gluten-free
- Not suitable for Coeliacs*
-  Spicy (optional long red chilli)

Channel the flavours of the Caribbean into a hearty soup with kidney beans and roasted sweet potato. Chilli, lime, coconut and Caribbean spices bring loads of flavour and tropical vibes.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper
Large pot or saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
carrot	1	2
capsicum	1	2
garlic	2 cloves	4 cloves
spring onion	1 bunch	1 bunch
long red chilli (optional)	1	2
lime	½	1
red kidney beans	1 tin	2 tins
mild Caribbean jerk seasoning	1 sachet	2 sachets
diced tomatoes with garlic & olive oil	1 tin (400g)	2 tins (800g)
coconut milk	1 box (400ml)	2 boxes (800ml)
vegetable stock	2 cubes	4 cubes
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3356kJ (802Cal)	329kJ (79 Cal)
Protein (g)	23.6g	2.3g
Fat, total (g)	44.4g	4.4g
- saturated (g)	33.4g	3.3g
Carbohydrate (g)	63.3g	6.2g
- sugars (g)	30.5g	3g
Sodium (mg)	2481mg	244mg

Allergens

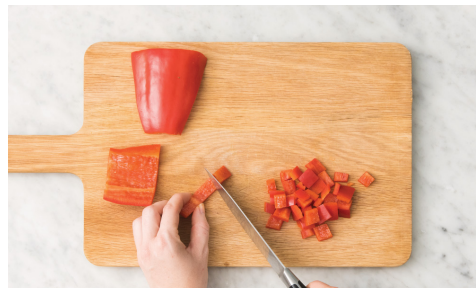
Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) and **carrot** (unpeeled) into 1cm chunks. Place the **sweet potato, carrot, a drizzle of olive oil** and a **pinch of salt and pepper** on an oven tray lined with baking paper. Toss to coat, then roast until tender, **20-25 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



2. Get prepped

While the veggies are roasting, roughly chop the **capsicum**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **spring onion** and **long red chilli** (if using). Cut the **lime** (see ingredients list) into wedges. Drain and rinse the **red kidney beans**.



3. Start the soup

In a large pot or saucepan, heat a **drizzle of olive oil** over a medium-high heat. Add the **capsicum** and cook, stirring, until softened, **3-4 minutes**. Add the **garlic** and **mild Caribbean jerk seasoning** and cook, stirring, until fragrant, **1-2 minutes**. Add the **diced tomatoes with garlic & olive oil, coconut milk** and crumble in the **vegetable stock** cubes.



4. Simmer the soup

Add the **red kidney beans** to the soup and bring to a simmer. Simmer until slightly thickened, **6-10 minutes**.

TIP: Stir through a splash of water if you prefer a thinner soup.



5. Add the roasted veggies

Stir the **roasted sweet potato and carrot** and the **baby spinach leaves** through the soup. Season to taste with **salt** and **pepper**. Add a **squeeze of lime juice** to taste.



6. Serve up

Divide the Caribbean bean and coconut soup between bowls and sprinkle with the spring onion and chilli (if using). Serve with any remaining lime wedges.

Enjoy!