



One-Pot Caribbean Beef & Veggie Rice

with Coconut Sweet Chilli Mayo

NEW



Grab your Meal Kit with this symbol



Brown Onion



Carrot



Sweetcorn



Beef Mince



Garlic Paste



Mild Caribbean Jerk Seasoning



Basmati Rice



Chicken-Style Stock Powder



Baby Spinach Leaves



Coriander



Coconut Sweet Chilli Mayonnaise



Chilli Flakes (Optional)



Diced Bacon

Prep in: **15-25 mins**
Ready in: **30-40 mins**

Imagine a bed of rice infused with sweetcorn and spinach, mild Caribbean beef stirred through and served with a coconut sweet chilli mayonnaise sauce. Now stop imagining, because here it is!

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	½	1
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
beef mince	1 small packet	1 medium packet
garlic paste	1 packet	2 packets
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
basmati rice	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	1 ¾ cups	3 ½ cups
baby spinach leaves	1 small bag	1 medium bag
coriander	1 bag	1 bag
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)
chilli flakes (optional)	pinch	pinch
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3241kJ (775Cal)	647kJ (155Cal)
Protein (g)	37.6g	7.5g
Fat, total (g)	31.9g	6.4g
- saturated (g)	7.4g	1.5g
Carbohydrate (g)	82.8g	16.5g
- sugars (g)	17.5g	3.5g
Sodium (mg)	1567mg	313mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3630kJ (868Cal)	665kJ (159Cal)
Protein (g)	44.3g	8.1g
Fat, total (g)	38.8g	7.1g
- saturated (g)	10g	1.8g
Carbohydrate (g)	83.7g	15.3g
- sugars (g)	18g	3.3g
Sodium (mg)	1999mg	366mg

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

- Finely chop **onion** (see ingredients).
- Grate **carrot**. Drain **sweetcorn**.
- Boil the kettle.



Cook the rice

- Add **basmati rice** and **corn** to pan, stirring to coat. Add **chicken-style stock powder** and the **boiling water** (1 1/3 cups for 2 people / 3 1/2 cups for 4 people).
- Bring to the boil then cover with a lid (or foil) and reduce heat to low. Simmer until rice is tender and water is absorbed, **16-20 minutes**.
- Stir through **baby spinach leaves**. Season with **pepper**.



Cook the beef

- In a large saucepan, heat a drizzle of **olive oil** over high heat.
- Cook **onion** and **beef mince**, breaking up mince with a spoon, until just browned, **4-5 minutes**.
- Add **carrot** and cook, stirring until, tender, **2-3 minutes**.
- Stir in **garlic paste** and **mild Caribbean jerk seasoning** and cook until fragrant, **1 minute**.

TIP: For best results, drain the oil from the pan before adding the garlic paste.

Custom Recipe: If you've added diced bacon to your meal, cook bacon with the onion and beef mince, breaking up with a spoon, 5-6 minutes. Add carrot and continue as above.



Serve up

- Divide Caribbean beef and veggie rice between bowls.
- Tear over **coriander**. Top with **coconut sweet chilli mayonnaise** and **chilli flakes** (if using) to serve. Enjoy!

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