



CARIBBEAN BEEF CHILLI

with Coconut Rice & Charred Corn Salsa



Make creamy coconut rice



Coconut Milk



Basmati Rice



Carrot



Corn



Garlic



Beef Mince



Mild Caribbean Jerk Seasoning



Mango Chutney



Tomato Paste



Chilli Flakes (Optional)



Tomato



Mint



Lemon

Hands-on: **35 mins**
Ready in: **40 mins**

Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional chilli flakes)

We've packed the signature flavours of the Caribbean into this beef chilli with a charred corn salsa, and we think the rich coconut rice on the side might just be the best bit!

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 COOK THE COCONUT RICE

In a medium saucepan, combine the **coconut milk**, **water (for the rice)** and **salt (for the rice)** and bring to the boil over a medium-high heat. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove the pan from the 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!



2 GET PREPPED

While the rice is cooking, grate the **carrot** (unpeeled). Slice the kernels off the **corn** cob. Finely chop the **garlic** (or use a garlic press). Heat a large frying pan over a high heat. Add the **corn** kernels and cook until lightly charred, **4-5 minutes**. Transfer to a medium bowl.
TIP: Cover the pan with a lid or foil if the corn kernels are "popping" out.



3 START THE BEEF CHILLI

Return the frying pan to a medium-high heat with a **generous drizzle** of **olive oil**. Add the **beef mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**. Add the **carrot**, **garlic** and **mild Caribbean jerk seasoning** and cook until fragrant, **1-2 minutes**.



4 FINISH THE BEEF CHILLI

Add the **mango chutney**, **tomato paste**, **water (for the beef)**, **salt (for the beef)** and a **pinch** of **chilli flakes** (if using) to the pan with the beef mince. Mix well and simmer until heated through, **2 minutes**.
TIP: If you prefer a saucier chilli, stir in 1-2 tbs of water just before serving.



5 MAKE THE SALSA

While the chilli is simmering, finely chop the **tomato**. Pick and finely chop the **mint** leaves. Slice the **lemon** into wedges. To the bowl with the **corn**, add the **tomato**, **mint**, a **squeeze** of **lemon juice** and a **drizzle** of **olive oil**. Season to taste with **salt** and **pepper** and stir to combine.
TIP: Seasoning is key in salsa, so taste and add more lemon juice, salt or pepper if you like.



6 SERVE UP

Divide the coconut rice and Caribbean beef chilli between bowls. Serve with the charred corn salsa.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
coconut milk	1 box (200ml)
water* (for the rice)	2¼ cups
salt* (for the rice)	½ tsp
basmati rice	2 packets
carrot	2
corn	1
garlic	4 cloves
beef mince	1 packet
mild Caribbean jerk seasoning	2 sachets
mango chutney	1 tub (100g)
tomato paste	2 sachets
water* (for the beef)	1½ cups
salt* (for the beef)	1 tsp
chilli flakes (optional)	pinch
tomato	2
mint	1 bunch
lemon	1

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2940kJ (703Cal)	575kJ (137Cal)
Protein (g)	39.7g	7.8g
Fat, total (g)	20.5g	4.0g
- saturated (g)	10.5g	2.1g
Carbohydrate (g)	82.1g	16.0g
- sugars (g)	15.4g	3.0g
Sodium (g)	1740mg	339mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2020 | WK02

