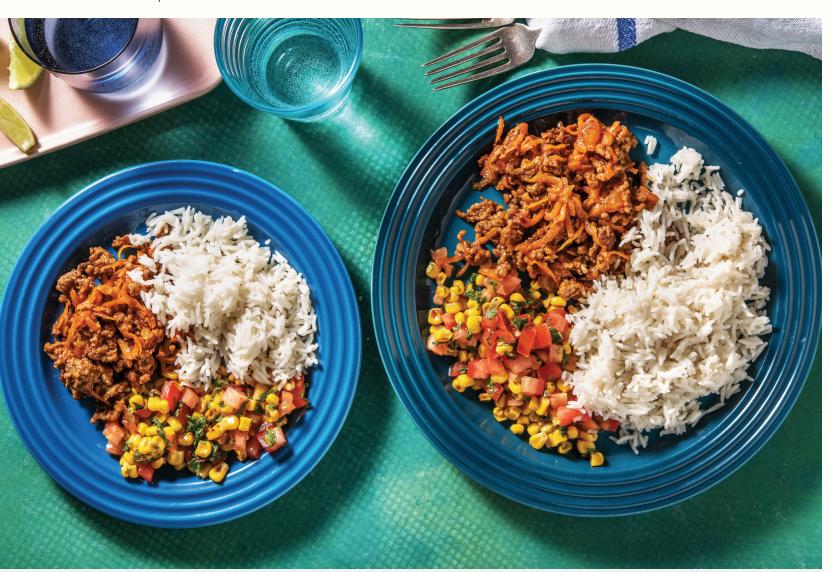


CARIBBEAN BEEF CHILLI

with Coconut Rice & Charred Corn Salsa





Make creamy coconut rice



Coconut Milk



Basmati Ri



Carrot





Sarlic



Beef Mind



Mild Caribbean Jerk Seasoning



Mango Chutney



Tomato Paste



Chilli Flakes (Optional)



Tomato



Mint



Lemon

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!





Hands-on: 35 mins

Pantry Staples: Olive Oil

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



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 PREPPEDWhile 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.



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.



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.



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.



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

ENJOY!

INGREDIENTS

	1	
	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**

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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

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