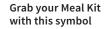


One-Pot Caribbean Beef & Veggie Rice

with Coconut Sweet Chilli Mayo

NEW











Sweetcorn

Beef Mince





Garlic Paste

Mild Caribbean Jerk Seasoning





Chicken-Style

Basmati Rice

Stock Powder





Coriander

Baby Spinach

Coconut Sweet Chilli Mayonnaise



Chilli Flakes (Optional)



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!

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	1/2	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

Visit hellotresh.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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