

Caribbean Bean Chilli

with Coconut Rice & Cherry Tomato Salsa

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Carrot



Garlic



Black Beans



Mild Caribbean Jerk Seasoning



Chilli Flakes (Optional)



Tomato Paste



Mango Chutney



Vegetable Stock



Cherry Tomatoes




Cucumber





Mint



Greek Yoghurt

 Hands-on: **35-45 mins**
Ready in: **35-45 mins**

 Naturally gluten-free
Not suitable for Coeliacs

 Spicy (optional chilli flakes)

Black beans are packed with fibre and protein, ideal to turn this mildly spiced chilli into a hearty dinner. With creamy coconut rice and a zesty tomato salsa on the side, this meal will wow you with its bold flavours.

Pantry items

Olive Oil, White Wine Vinegar

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

Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
coconut milk	1 box	1 tin
water* (for the rice)	¾ cup	1½ cups
salt*	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
carrot	1	2
garlic	2 cloves	4 cloves
black beans	1 tin	2 tins
mild Caribbean jerk seasoning	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
tomato paste	1 sachet	2 sachets
mango chutney	1 packet (50g)	1 packet (100g)
water* (for the sauce)	1 cup	2 cups
vegetable stock	1 cube	2 cubes
cherry tomatoes	1 punnet	2 punnets
cucumber	1	2
mint	1 bunch	1 bunch
white wine vinegar*	1 tsp	2 tsp
Greek yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3312kJ (791Cal)	481kJ (114Cal)
Protein (g)	20.9g	3g
Fat, total (g)	27.9g	4.1g
- saturated (g)	18.8g	2.7g
Carbohydrate (g)	103.4g	15g
- sugars (g)	23.7g	3.4g
Sodium (mg)	1959mg	285mg

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 Cook the coconut rice

In a medium saucepan, combine the **coconut milk**, **water (for the rice)** and the **salt** 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). Finely chop the **garlic**. Drain and rinse the **black beans**.



3 Make the chilli

Heat a large frying pan over a medium-high heat with a generous drizzle of **olive oil**. Add the **carrot**, **garlic**, **mild Caribbean jerk seasoning** and a pinch of **chilli flakes** (if using) and cook until fragrant, **1-2 minutes**. Add the **tomato paste** and cook until darkened, **1-2 minutes**. Add the **mango chutney**, **black beans**, **water (for the sauce)** and crumbled **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people). Simmer until thickened, **5-7 minutes**.



4 Prep the salsa

While the chilli is simmering, roughly chop the **cherry tomatoes** and **cucumber**. Pick and roughly chop the **mint** leaves.



5 Make the salsa

In a medium bowl, combine the **cherry tomatoes**, **cucumber**, **mint**, **white wine vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper** and stir to combine.



6 Serve up

Divide the coconut rice and Caribbean bean chilli between bowls. Top with **Greek yoghurt** and the cherry tomato salsa.

Enjoy!