



Caribbean Bean Chilli

with Garlic Rice & Tomato Salsa

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Garlic Paste



Basmati Rice



Carrot



Capsicum



Black Beans



Mild Caribbean Jerk Seasoning



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Tomato



Coriander



Light Sour Cream



Beef Mince

Prep in: 35-45 mins
Ready in: 35-45 mins

Fibre and protein-packed black beans provide the perfect hearty base for a vegetarian chilli. Complete with fragrant garlic rice and a coriander-flecked tomato salsa, this is one delish dish.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
carrot	1	2
capsicum	1	2
black beans	1 packet	2 packets
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
water* (for the sauce)	¼ cup	½ cup
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
tomato	1	2
coriander	1 bag	1 bag
white wine vinegar*	drizzle	drizzle
light sour cream	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3609kJ (863Cal)	516kJ (123Cal)
Protein (g)	28.2g	4g
Fat, total (g)	32.8g	4.7g
- saturated (g)	24.3g	3.5g
Carbohydrate (g)	106.7g	15.2g
- sugars (g)	21.2g	3g
Sodium (mg)	1529mg	218mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4554kJ (1088Cal)	552kJ (132Cal)
Protein (g)	55.7g	6.8g
Fat, total (g)	45.6g	5.5g
- saturated (g)	29.8g	3.6g
Carbohydrate (g)	106.7g	12.9g
- sugars (g)	21.2g	2.6g
Sodium (mg)	1605mg	195mg

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



Cook the garlic rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook half the **garlic paste** until fragrant, **1-2 minutes**. Add **basmati rice**, **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from 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!



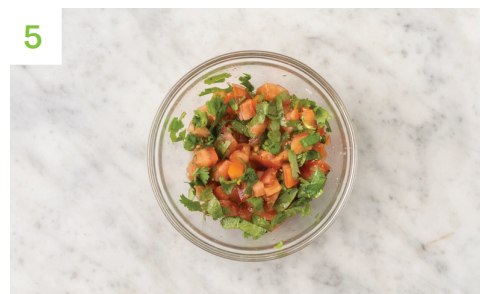
Prep the salsa

- While the chilli is simmering, roughly chop **tomato**. Roughly chop **coriander**.



Get prepped

- While the rice is cooking, grate **carrot**. Roughly chop **capsicum**.
- Drain and rinse **black beans**.



Make the salsa

- In a medium bowl, combine a drizzle of the **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**. Add **tomato** and **coriander**, tossing to coat.



Make the chilli

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Stir-fry **carrot**, **capsicum**, **mild Caribbean jerk seasoning**, **tomato paste** and remaining **garlic paste** until fragrant, **2-3 minutes**.
- Stir in the **water (for the sauce)**, **coconut milk**, **black beans** and **vegetable stock powder**. Simmer until thickened, **2-4 minutes**.

Custom Recipe: If you've added beef mince, prepare the pan as above. Before adding the veggies, cook the mince, breaking up with a spoon, until browned, 4-5 minutes. Drain oil from pan. Continue as above.



Serve up

- Divide the garlic rice and Caribbean bean chilli between bowls. Serve topped with **light sour cream** and tomato-coriander salsa. Enjoy!

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