



Caribbean Kidney Bean & Coconut Soup

with Sweet Potato & Capsicum

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Lime



Red Kidney Beans



Green Beans



Mild Caribbean Jerk Seasoning



Diced Tomatoes With Garlic & Onion



Coconut Milk



Vegetable Stock Powder



Garlic Paste



Capsicum



Chicken Breast

Prep in: 10-20 mins
Ready in: 35-45 mins

Eat Me Early*
*Custom Recipe only

Channel the flavours of the Caribbean into a hearty soup brimming with red kidney beans, creamy coconut milk and roasted root veggies. Zingy lime and mild Caribbean spices bring the tropical vibes, while the capsicum adds a subtly sweet depth of flavour.

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

Pantry items

Olive Oil

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

Oven tray lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
carrot	1	2
capsicum	1	2
lime	½	1
red kidney beans	1 tin	2 tins
green beans	1 small bag	1 medium bag
garlic paste	1 packet	2 packets
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 box	2 boxes
coconut milk	2 medium tins	4 medium tins
vegetable stock powder	1 medium sachet	1 large sachet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2920kJ (698Cal)	367kJ (88Cal)
Protein (g)	16.8g	2.1g
Fat, total (g)	38.1g	4.8g
- saturated (g)	26.6g	3.3g
Carbohydrate (g)	64.3g	8.1g
- sugars (g)	27.3g	3.4g
Sodium (mg)	2430mg	305mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3681kJ (880Cal)	383kJ (92Cal)
Protein (g)	50.1g	5.2g
Fat, total (g)	43.4g	4.5g
- saturated (g)	28.3g	2.9g
Carbohydrate (g)	64.3g	6.7g
- sugars (g)	27.3g	2.8g
Sodium (mg)	2518mg	262mg

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

2022 | CW44



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato** and **carrot** into small chunks. Cut **capsicum** into large chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

3



Finish the soup

- Add **kidney beans** and **green beans** to the soup. Bring to a simmer and cook until slightly thickened, **6-10 minutes**.
- Stir though **roasted veggies**. Season to taste.
- Add a squeeze of **lime juice** to taste.

TIP: Stir through a splash of water if you prefer a thinner soup.

Custom Recipe: Return the chicken to the soup with the roasted veggies. Stir to heat through.

2



Start the soup

- Meanwhile, cut **lime** into wedges. Drain and rinse **red kidney beans**. Trim **green beans**.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic paste** and **mild Caribbean jerk seasoning**, stirring, until fragrant, **1-2 minutes**.
- Add **diced tomatoes with garlic & onion**, **coconut milk** and **vegetable stock powder**, stirring to combine.

Custom Recipe: If you've added chicken, cut chicken into 2cm pieces. When the pan is hot, firstly cook chicken until cooked through, 4-5 minutes. Transfer to a plate and set aside. Continue with the rest of the step.

4



Serve up

- Divide Caribbean kidney bean and coconut soup between bowls.
- Serve with any remaining lime wedges. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate