



CARIBBEAN BEAN CHILLI

with Coconut Rice & Cherry Tomato Salsa



Make creamy coconut rice



Coconut Milk



Basmati Rice



Carrot



Garlic



Red Kidney 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)

Red kidney 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 Staples: Olive Oil, White Wine Vinegar

BEFORE YOU START

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**



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 PREP THE CHILLI
While the rice is cooking, grate the **carrot** (unpeeled). Finely chop the **garlic** (or use a garlic press). Drain and rinse the **red kidney 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**, **red kidney 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 to taste 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!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
coconut milk	1 box (200ml)	2 boxes (400ml)
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
red kidney 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 tub (50g)	1 tub (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)	2 packets (200g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3100kJ (740Cal)	407kJ (97Cal)
Protein (g)	22.3g	2.9g
Fat, total (g)	22.0g	2.9g
- saturated (g)	13.8g	1.8g
Carbohydrate (g)	97.2g	12.8g
- sugars (g)	21.9g	2.9g
Sodium (g)	1860mg	244mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.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

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