



Caribbean-Spiced Beef Chilli & Coconut Rice

with Pineapple-Mint Salsa

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Carrot



Zucchini



Pineapple Slices



Mild Caribbean Jerk Seasoning



Tomato Paste



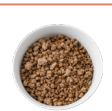
Beef-Style Stock Powder



Mint



Beef Mince



Plant-Based Mince

Prep in: 30-40 mins
Ready in: 30-40 mins



Plant Based
*Custom Recipe only

Naturally Gluten-Free
Not suitable for coeliacs

We've packed the tropical flavours of the Caribbean into this mouth-watering beef chilli. Complete with fluffy coconut rice and a sweet and tart homemade salsa, it's the holiday you've been dreaming about, in a bowl.

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
coconut milk	1 medium tin	2 medium tins
water* (for the rice)	¾ cup	1 ½ cups
basmati rice	1 medium packet	1 large packet
carrot	1	2
zucchini	1	2
pineapple slices	1 tin	2 tins
beef mince	1 small packet	1 medium packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water* (for the beef)	½ cup	1 cup
beef-style stock powder	1 medium sachet	1 large sachet
mint	1 bag	1 bag
plant-based mince**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3558kJ (850Cal)	563kJ (134Cal)
Protein (g)	36.9g	5.8g
Fat, total (g)	33.7g	5.3g
- saturated (g)	19.1g	3g
Carbohydrate (g)	96.2g	15.2g
- sugars (g)	28.2g	4.5g
Sodium (mg)	1213mg	192mg
Dietary Fibre (g)	14.3g	2.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3467kJ (828Cal)	571kJ (136Cal)
Protein (g)	25.2g	4.2g
Fat, total (g)	33.1g	5.5g
- saturated (g)	16.4g	2.7g
Carbohydrate (g)	101.6g	16.7g
- sugars (g)	29.3g	4.8g
Sodium (mg)	1736mg	286mg

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



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Cook the coconut rice

- In a medium saucepan, add **coconut milk**, the **water (for the rice)** and a generous pinch of **salt**.
- Bring to the boil, then add **basmati rice**. Stir, cover with a lid and reduce heat to low.
- Cook for **15 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Finish the chili

- Add **tomato paste**, the **water (for the beef)** and **beef-style stock powder** to the pan.
- Stir to combine, then simmer until heated through, **1-2 minutes**.



Get prepped & char the pineapple

- While the rice is cooking, grate **carrot**. Thinly slice **zucchini** into half-moons.
- Drain **pineapple slices**, then roughly chop.
- Heat a large frying pan over high heat. Cook **pineapple** until lightly charred, **4-5 minutes**. Transfer to a medium bowl.



Make the salsa

- Meanwhile, pick and roughly chop **mint** leaves.
- Add chopped **mint** and a drizzle of **olive oil** to the charred **pineapple**. Stir to combine. Season with **salt** and **pepper**.



Start the chilli

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef mince** and **zucchini**, breaking up mince with a spoon, until browned, **4-5 minutes**.
- Add **carrot** and **mild Caribbean jerk seasoning**. Cook, stirring, until fragrant, **1-2 minutes**.

TIP: For best results, drain the oil from the pan before adding the carrot!

Custom Recipe: If you've swapped to plant-based mince, cook it in the same way as the beef mince, as above.



Serve up

- Divide coconut rice and Caribbean-spiced beef chilli between bowls.
- Top with pineapple-mint salsa to serve. Enjoy!

Rate your recipe

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