



Jerk Cauliflower & Black Bean Salsa

with Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Cauliflower



Mild Caribbean Jerk Seasoning



Corn



Black Beans



Cucumber



Long Red Chilli (Optional)



Coriander



Lime



Greek Yoghurt

Hands-on: **30-40** mins
Ready in: **35-45** mins

Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional long red chilli)

Dress up cauliflower in a little Caribbean jerk seasoning, then pop it in the oven until it's tender with crispy edges and it becomes a star player in any dish. Here, we're teaming it with moreish garlic rice and a punchy black bean salsa.

Pantry items

Olive Oil, Butter

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 · Oven tray lined with baking paper · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
cauliflower	1 portion	2 portions
mild Caribbean jerk seasoning	1 sachet	2 sachets
corn	1 cob	2 cobs
black beans	½ tin	1 tin
cucumber	1	2
long red chilli (optional)	1	2
coriander	1 bag	1 bag
lime	½	1
Greek yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2520kJ (602Cal)	425kJ (101Cal)
Protein (g)	21.9g	3.7g
Fat, total (g)	13.0g	2.2g
- saturated (g)	7.2g	1.2g
Carbohydrate (g)	97.9g	16.5g
- sugars (g)	12.8g	2.2g
Sodium (g)	1480mg	250mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Cook the garlic rice

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove 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. Roast the cauliflower

While the garlic rice is cooking, cut the **cauliflower** into small florets. Place on an oven tray lined with baking paper with the **mild Caribbean jerk seasoning** and a **good drizzle** of **olive oil**. Season with **pepper**, toss to coat and spread out evenly. Roast until tender, **20-25 minutes**.



3. Get prepped

Slice the kernels off the **corn cob**. Drain and rinse the **black beans** (see ingredients list). Finely chop the **cucumber**. Thinly slice the **long red chilli** (if using). Roughly chop the **coriander**. Slice the **lime** (see ingredients list) into wedges.



4. Char the corn & beans

Heat a medium frying pan over a high heat. Add the **corn kernels** and cook, stirring occasionally, for **2 minutes**. Add the **black beans** and cook until the corn is browned and the beans are slightly blistered, **2-3 minutes**.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



5. Make the salsa

In a medium bowl, add the **corn**, **black beans**, **cucumber**, **chilli** (if using) and **coriander**. Add a **good squeeze** of **lime juice**, a **drizzle** of **olive oil** and season with **salt** and **pepper**. Toss to combine.



6. Serve up

Divide the garlic rice between bowls. Top with the jerk cauliflower and black bean salsa. Serve with a dollop of **Greek yoghurt** and any remaining lime wedges.

Enjoy!