



# Caribbean Bean Chilli Bowl

with Toasted Coconut & Tomato Salsa

Grab your Meal Kit with this symbol 



Basmati Rice



Red Onion



Garlic



Carrot



Tomato



Coriander



Sweetcorn



Red Kidney Beans



Mild Caribbean Jerk Seasoning



Chopped Tomatoes



Shredded Coconut

 Hands-on: **20-30 mins**  
Ready in: **25-35 mins**

Serve up the flavours of Caribbean cuisine in a colourful and exciting bowl! With fluffy basmati rice and a sauce loaded with veggies and beans, all topped off with a scattering of charred corn kernels, this bowl gets better with every bite.

### Pantry items

Olive Oil, Butter, White Wine Vinegar

## 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 too.

### You will need

Medium saucepan with a lid · Large frying pan · Medium frying pan

### Ingredients

|                               | 2 People        | 4 People         |
|-------------------------------|-----------------|------------------|
| olive oil*                    | refer to method | refer to method  |
| water*<br>(for the rice)      | 1½ cups         | 3 cups           |
| basmati rice                  | 1 packet        | 2 packets        |
| red onion                     | 1               | 2                |
| garlic                        | 2 cloves        | 4 cloves         |
| carrot                        | 1               | 2                |
| tomato                        | 1               | 2                |
| coriander                     | 1 bunch         | 1 bunch          |
| sweetcorn                     | ½ tin           | 1 tin            |
| red kidney beans              | ½ tin           | 1 tin            |
| mild Caribbean jerk seasoning | 1½ sachets      | 3 sachets        |
| chopped tomatoes              | 1 tin<br>(400g) | 2 tins<br>(800g) |
| water*<br>(for the sauce)     | ¼ cup           | ½ cup            |
| butter*                       | 20g             | 40g              |
| shredded coconut              | 1 packet        | 2 packets        |
| white wine vinegar*           | 2 tsp           | 4 tsp            |

\*Pantry Items

### Nutrition

|                  | Per Serving     | Per 100g      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 2960kJ (708Cal) | 377kJ (90Cal) |
| Protein (g)      | 19.2g           | 2.4g          |
| Fat, total (g)   | 20.3g           | 2.6g          |
| - saturated (g)  | 13.2g           | 1.7g          |
| Carbohydrate (g) | 101g            | 12.8g         |
| - sugars (g)     | 24.6g           | 3.1g          |
| Sodium (g)       | 1910mg          | 243mg         |

### Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) 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 rice

In a medium saucepan, add the **water (for the rice)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 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. Get prepped

While the rice is cooking, finely chop the **red onion**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Roughly chop the **tomato**. Roughly chop the **coriander**. Drain the **sweetcorn** (see ingredients list). Drain and rinse the red **kidney beans** (see ingredients list). Heat a large frying pan over a high heat. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to a medium bowl.

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



## 3. Start the chilli

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and **carrot** and cook until starting to soften, **3-4 minutes**. Add the **garlic** and **mild Caribbean jerk seasoning** (see ingredients list) and cook until fragrant, **1-2 minutes**.



## 4. Make it saucy

Add the **red kidney beans**, **chopped tomatoes** and **water (for the sauce)** to the frying pan and simmer until slightly thickened, **2-3 minutes**. Remove from the heat and stir through the **butter**. Season to taste with **salt** and **pepper**.



## 5. Make the salsa

While the chilli is simmering, heat a medium frying pan over a medium-high heat. When the pan is hot, add the **shredded coconut**. Toast, tossing occasionally, until golden, **2-3 minutes**. Transfer to a small bowl. Add the **tomato**, **coriander** and **white wine vinegar** to the bowl with the charred **corn**, and season with a **pinch of salt** and **pepper**. **Drizzle** with **olive oil** and toss to coat.



## 6. Serve up

Divide the basmati rice and Caribbean bean chilli between bowls. Top with the tomato and charred corn salsa. Sprinkle over the toasted coconut.

**Enjoy!**