



Caribbean Bean Bowl

with Coconut Rice & Tomato-Corn Salsa

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Red Onion



Garlic



Tomato



Cucumber



Sweetcorn



Red Kidney Beans



Mild Caribbean Jerk Seasoning



Diced Tomatoes With Garlic & Olive Oil



Lime



Mint

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

Naturally gluten-free
Not suitable for Coeliacs

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

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 tin (165ml)	1 tin (400ml)
water* (for the rice)	¾ cup	1½ cups
salt*	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
red onion	1	2
garlic	2 cloves	4 cloves
tomato	1	2
cucumber	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
red kidney beans	1 tin	2 tins
mild Caribbean jerk seasoning	1½ sachets	3 sachets
diced tomatoes with garlic & olive oil	1 tin (400g)	2 tins (800g)
water* (for the sauce)	¼ cup	½ cup
butter*	20g	40g
lime	½	1
mint	1 bunch	1 bunch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3490kJ (834Cal)	416kJ (99Cal)
Protein (g)	21g	2.5g
Fat, total (g)	33.4g	4g
- saturated (g)	17.3g	2.1g
Carbohydrate (g)	97.7g	11.6g
- sugars (g)	22.6g	2.7g
Sodium (mg)	1853mg	221mg

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.



Cook the rice

In a medium saucepan, add the **coconut milk**, **water (for the rice)** and **salt** and bring to the boil. 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!



Finish the beans

Add the **red kidney beans**, **diced tomatoes with garlic & olive oil** and the **water (for the sauce)**. Simmer until slightly thickened, **1-2 minutes**. Remove from the heat and stir through the **butter**. Season to taste.



Get prepped

While the rice is cooking, finely chop the **red onion**. Finely chop the **garlic**. Roughly chop the **tomato** and **cucumber**. Drain the **sweetcorn**. Drain and rinse the **red kidney beans**. Heat a large frying pan over a high heat. Cook the **corn** kernels, tossing, until lightly charred, **4-5 minutes**. Transfer to a medium bowl.

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



Make the salsa

Slice the **lime** into wedges. Add the **tomato**, **cucumber** and a squeeze of **lime juice** to the **corn**. Season to taste. Drizzle with **olive oil** and toss to coat.



Cook the onion

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



Serve up

Pick and roughly chop the **mint** leaves. Divide the coconut rice and Caribbean beans between bowls. Top with the tomato and corn salsa. Sprinkle over the the mint. Serve with any remaining lime wedges.

Enjoy!