

# Caribbean Bean Bowl & Herby Wedges

with Salsa, Toasted Coconut & Lime Yoghurt

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Red Onion



Garlic



Capsicum



Lime



Red Kidney Beans



Shredded Coconut



Tomato Paste



Mild Caribbean Jerk Seasoning



Chilli Flakes (Optional)



Vegetable Stock Pot



Baby Spinach Leaves



Greek Yoghurt



Cucumber



Tomato



Coriander

 Hands-on: **20-30 mins**  
 Ready in: **35-45 mins**  
 Naturally gluten-free  
*Not suitable for Coeliacs*

 Calorie Smart  
 Spicy (optional chilli flakes)

If you're into the idea of "bowls", give this nutritionally balanced bean bowl a try! We've transformed these humble beans by combining them with garlic, tomatoes and jerk seasoning. Trust us, you'll be licking the bowl clean!

**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

Oven tray with lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	½ sachet	1 sachet
red onion	1	2
garlic	2 cloves	4 cloves
capsicum	1	2
lime	½	1
red kidney beans	1 tin	2 tins
shredded coconut	1 packet	2 packets
tomato paste	1 sachet	2 sachets
mild Caribbean jerk seasoning	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
water*	¾ cup	1½ cup
vegetable stock pot	1 tub (20g)	1 tub (40g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
Greek yoghurt	1 packet (100g)	1 packet (200g)
cucumber	1	2
tomato	1	2
coriander	1 bag	1 bag

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2411kJ (576Cal)	287kJ (68Cal)
Protein (g)	22.7g	2.7g
Fat, total (g)	17.5g	2.1g
- saturated (g)	9.9g	1.2g
Carbohydrate (g)	70.5g	8.4g
- sugars (g)	29.6g	3.5g
Sodium (mg)	2045mg	244mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Place on an oven tray lined with baking paper. Add the **garlic & herb seasoning** (see ingredients), a pinch of **pepper** and a drizzle of **olive oil**. Toss to coat and bake until tender, **20-25 minutes**.

**TIP:** Cut the potato to size so it cooks in time.



## Get prepped

While the wedges are baking, thinly slice the **red onion**. Finely chop the **garlic**. Cut the **capsicum** into 1cm chunks. Zest the **lime** to get a generous pinch, then slice into wedges. Drain and rinse the **red kidney beans**. Heat a large frying pan over a medium-high heat. Add the **shredded coconut** and toast, stirring until golden, **2-3 minutes**. Transfer to a small bowl.



## Cook the beans

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **onion** and cook until softened, **3-4 minutes**. Add the **garlic, capsicum, tomato paste, mild Caribbean jerk seasoning** and **chilli flakes** (if using) and cook until fragrant, **1-2 minutes**. Add the **kidney beans, water** and **vegetable stock pot**. Reduce the heat to medium and simmer until thickened, **8-10 minutes**. Lightly crush the **beans** with a potato masher or fork. Add the **baby spinach leaves** and stir until wilted. Season to taste. Remove the pan from the heat.



## Make the lime yoghurt

While the beans are cooking, combine the **Greek yoghurt** and a squeeze of **lime juice** in a small bowl. Season with **salt** and **pepper**.



## Make the salsa

Roughly chop the **cucumber, tomato** and **coriander**. Add to a medium bowl with the **lime zest**, a squeeze of **lime juice** and a drizzle of **olive oil**. Toss to combine and season with **salt** and **pepper**.

**TIP:** Add more or less lime zest to taste.



## Serve up

Divide the Caribbean beans, wedges and salsa between bowls. Top with the lime yoghurt. Garnish with the shredded coconut and any remaining lime wedges.

## Enjoy!