

Caribbean Bean Chilli

with Coconut Rice & Cherry Tomato Salsa



-  Coconut Milk
-  Basmati Rice
-  Carrot
-  Garlic
-  Capsicum
-  Black Beans
-  Mild Caribbean Jerk Seasoning
-  Chilli Flakes (Optional)
-  Tomato Paste
-  Mango Chutney
-  Vegetable Stock Powder
-  Cherry Tomatoes
-  Mint
-  Greek-Style Yoghurt
-  Beef Mince

 Hands-on: **35-45 mins**
 Ready in: **35-45 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

 Spicy (optional chilli flakes)

Fibre and protein-packed, black beans provide the perfect hearty base for a vegetarian chilli. Complete with fragrant coconut rice and a mint-flecked tomato salsa, this is one delish dish.

 **CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items
 Olive Oil, 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.

You will need

Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
coconut milk	1 medium tin	1 large tin
water* (for the rice)	¾ cup	1½ cups
basmati rice	1 medium packet	1 large packet
carrot	1	2
garlic	2 cloves	4 cloves
capsicum	1	2
black beans	1 tin	2 tins
mild Caribbean jerk seasoning	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
tomato paste	1 packet	2 packets
mango chutney	1 packet (50g)	1 packet (100g)
water* (for the sauce)	1 cup	2 cups
vegetable stock powder	1 medium sachet	1 large sachet
cherry tomatoes	1 punnet	2 punnets
mint	1 bag	1 bag
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2988kJ (714Cal)	428kJ (102Cal)
Protein (g)	20.8g	3g
Fat, total (g)	19.4g	2.8g
- saturated (g)	14.1g	2g
Carbohydrate (g)	102.3g	14.7g
- sugars (g)	23.8g	3.4g
Sodium (mg)	1607mg	230mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3964kJ (947Cal)	473kJ (113Cal)
Protein (g)	48.6g	5.8g
Fat, total (g)	31.6g	3.8g
- saturated (g)	19.6g	2.3g
Carbohydrate (g)	106.4g	12.7g
- sugars (g)	25.8g	12.7g
Sodium (mg)	1776mg	212mg

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](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.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://www.hellofresh.com.au/contact)

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1 Cook the coconut rice

In a medium saucepan, combine the **coconut milk**, the **water (for the rice)** and a generous pinch of **salt**. 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. 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, grate the **carrot**. Finely chop the **garlic**. Roughly chop the **capsicum**. Drain and rinse the **black beans**.



3 Make the chilli

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Stir-fry the **carrot**, **capsicum**, **garlic**, **mild Caribbean jerk seasoning** and a pinch of **chilli flakes** (if using) until fragrant, **2-3 minutes**. Add the **tomato paste** and cook, until darkened, **1-2 minutes**. Add the **mango chutney**, **black beans**, the **water (for the sauce)** and **vegetable stock powder**. Simmer until thickened, **5-7 minutes**.

CUSTOM RECIPE

If you've added beef mince, prepare the pan as above. Before adding the veggies, cook the mince, breaking up with a spoon, until browned, 4-5 minutes. Continue as above.



4 Prep the salsa

While the chilli is simmering, roughly chop the **cherry tomatoes**. Pick and roughly chop the **mint leaves**.



5 Make the salsa

In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**. Add the **cherry tomatoes** and **mint**. Toss to coat.



6 Serve up

Divide the coconut rice and Caribbean bean chilli between bowls. Serve topped with the **Greek-style yoghurt** and cherry tomato salsa.

Enjoy!

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