

# Jerk Black Bean Bowl & Spiced Wedges

with Toasted Coconut & Lemon Yoghurt

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Red Onion



Garlic



Capsicum



Lemon



Black Beans



Shredded Coconut



Tomato Paste



Mild Caribbean Jerk Seasoning



Chilli Flakes (Optional)



Vegetable Stock Powder



Baby Spinach Leaves



Yoghurt



Cucumber



Tomato



Coriander

 Hands-on: **20-30 mins**  
Ready in: **35-45 mins**

 Spicy (optional chilli flakes)

Tonight, put together a bountiful bowl full of Caribbean flavours! With spiced black beans, zingy lemon yoghurt, potato wedges and a cucumber salsa, every bite of this bright meal is as good as the next!

### 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 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 (medium)	1 (large)
garlic	2 cloves	4 cloves
capsicum	1	2
lemon	½	1
black beans	1 tin	2 tins
shredded coconut	1 packet	2 packets
tomato paste	1 packet	2 packets
mild Caribbean jerk seasoning	1 sachet	1 sachet
chilli flakes (optional)	pinch	pinch
water*	¾ cup	1½ cups
vegetable stock powder	1 sachet	1 sachet
baby spinach leaves	1 bag (60g)	1 bag (120g)
yoghurt	1 small packet	1 large packet
cucumber	1 (medium)	1 (large)
tomato	1	2
coriander	1 bunch	1 bunch

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2360kJ (563Cal)	312kJ (75Cal)
Protein (g)	22.3g	3.0g
Fat, total (g)	19.5g	2.6g
- saturated (g)	9.9g	1.3g
Carbohydrate (g)	72.4g	9.6g
- sugars (g)	21.1g	2.8g
Sodium (mg)	2070mg	274mg

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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. Sprinkle over the **garlic & herb seasoning** (see ingredients), drizzle with **olive oil** and season with **pepper**. Toss to coat and bake until tender, **20-25 minutes**.

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



## Make the lemon yoghurt

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



## Get prepped

While the wedges are baking, thinly slice the **red onion**. Finely chop the **garlic**. Cut the **capsicum** into 1cm chunks. Zest the **lemon** to get a pinch, then slice into wedges. Drain and rinse the **black 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 bowl.



## Make the cucumber salsa

Roughly chop the **cucumber**, **tomato** and **coriander**. In a medium bowl, combine the **cucumber**, **tomato**, **coriander**, **lemon zest**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season with **salt** and **pepper**.

**TIP:** Use as much or little lemon zest as you like depending on your taste.



## 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 **capsicum**, **garlic**, **tomato paste**, **mild Caribbean jerk seasoning** and **chilli flakes** (if using) and cook until fragrant, **1-2 minutes**. Add the **black beans**, **water** and **vegetable stock powder**, then 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**, stir until wilted, then season to taste. Remove from the heat.



## Serve up

Divide the jerk black beans, cucumber salsa and spiced potato wedges between bowls. Drizzle with the lemon yoghurt. Garnish with the toasted coconut and serve with any remaining lemon wedges.

## Enjoy!