

# Caribbean Beans & Coconut Rice

with Tomato-Corn Salsa

Grab your meal kit with this number

9



Coconut Milk



Basmati Rice



Garlic



Tomato



Cucumber



Lime



Sweetcorn



Red Kidney Beans



Tomato Paste



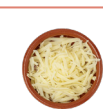
Mild Caribbean Jerk Seasoning



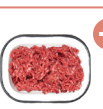
Mint



Plant-Based Aioli



Cheddar Cheese



Beef Mince

Prep in: 20-30 mins  
Ready in: 25-35 mins

Create a Caribbean-inspired dish by simmering hearty kidney beans with some mild jerk seasoning, garlic and tomato paste. Bring the bowl together with fluffy coconut rice and of course, an easy tomato-corn salsa to keep things light and bright.

### Pantry items

Olive Oil

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
coconut milk	1 packet	2 packets
<b>water*</b> (for the rice)	¾ cup	1½ cups
basmati rice	1 medium packet	1 large packet
garlic	1 clove	2 cloves
tomato	1	2
cucumber	1	2
lime	½	1
sweetcorn	1 medium tin	1 large tin
red kidney beans	1 packet	2 packets
tomato paste	1 medium packet	1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
<b>water*</b> (for the sauce)	½ cup	1 cup
mint	1 packet	1 packet
plant-based aioli	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3639kJ (869Cal)	550kJ (131Cal)
Protein (g)	26.3g	4g
Fat, total (g)	36.3g	5.5g
- saturated (g)	17.5g	2.6g
Carbohydrate (g)	105.8g	16g
- sugars (g)	15.2g	2.3g
Sodium (mg)	1137mg	172mg
Dietary Fibre (g)	27.7g	4.2g

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

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW08



## 1 Make the coconut rice

- To a medium saucepan, add **coconut milk**, the **water (for the rice)** and a generous pinch of **salt** and bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low.
- Cook for **15 minutes**, then remove the pan from 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!



## 3 Cook the bean mixture

- Return frying pan to medium-high heat. Cook **kidney beans** until softened, **2-3 minutes**. Add **garlic**, **tomato paste** and **mild Caribbean jerk seasoning** and cook until fragrant, **1 minute**.
- Add the **water (for the sauce)** and a pinch of **sugar** and simmer until slightly thickened, **1-2 minutes**. Remove from the heat and season to taste.
- Meanwhile, to the bowl with the corn, add **tomato** and **cucumber**. Add a good squeeze of **lime juice** and a drizzle of **olive oil**. Toss to coat. Season to taste.



## 2 Get prepped

- Meanwhile, finely chop **garlic**. Roughly chop **tomato** and **cucumber**. Cut **lime** into wedges. Drain **sweetcorn**. Drain and rinse **red kidney beans**.
- Heat a large frying pan over a high heat. Cook **sweetcorn** until lightly charred, **4-5 minutes**. Transfer to a medium bowl.

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



## 4 Finish & serve

- Pick and roughly chop **mint**.
- Divide coconut rice and Caribbean beans between bowls. Top with the tomato-corn salsa. Garnish with mint.
- Serve with **plant-based aioli** and any remaining lime wedges. Enjoy!

**CUSTOM OPTIONS**

**+** **ADD CHEDDAR CHEESE**  
Sprinkle over before serving.

**+** **ADD BEEF MINCE**  
Before cooking beans, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

