



# CARIBBEAN BEEF BOWL

with Corn-Mint Salsa & Coconut Rice



Make coconut rice!



Coconut Milk



Basmati Rice



Cucumber



Tomato



Mint



Baby Spinach Leaves



Garlic



Sweetcorn



Beef Strips



Mild Caribbean Jerk Seasoning

**Pantry Staples:** Olive Oil

Hands-on: 20 mins  
Ready in: 30 mins

If the creamy coconut rice doesn't make you feel like you're kicking back on a beach in the Caribbean, then the minty corn salsa or tender jerk-spiced beef will do the trick. Take a bite and enjoy a holiday fantasy!

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
• **medium saucepan** with a **lid** • **large frying pan**



## 1 MAKE THE COCONUT RICE

In a medium saucepan, add the **coconut milk**, the **water** 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!



## 2 GET PREPPED

While the rice is cooking, finely chop the **cucumber** and **tomato**. Pick the **mint** leaves and thinly slice. Roughly chop the **baby spinach leaves**. Finely chop the **garlic** (or use a garlic press). Drain the **sweetcorn**. Place the **garlic**, **beef strips** and **mild Caribbean jerk seasoning** in a bowl. **Drizzle** with **olive oil**, season with **pepper** and toss to coat.



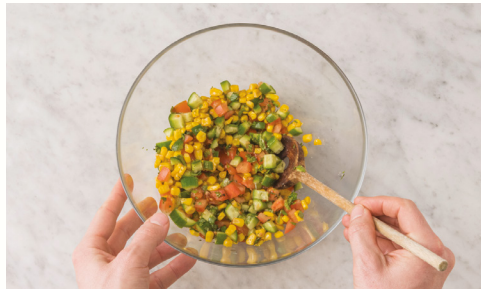
## 3 CHAR THE CORN

Heat a large frying pan over a high heat. Add the **sweetcorn** and cook until lightly browned, **4-5 minutes**. Set aside in a bowl to cool. **TIP:** Cover the pan with a lid if the kernels are "popping" out.



## 4 COOK THE BEEF

When the rice has **5 minutes** cook time remaining, return the frying pan to a high heat with a **drizzle** of **olive oil**. Working in batches, add the **beef** and cook, tossing, until just cooked through, **1-2 minutes**. Transfer to a bowl and repeat with the **remaining beef**.



## 5 BRING IT ALL TOGETHER

When the rice is done, stir through the **baby spinach**. Add the **cucumber**, **tomato** and **mint** to the bowl with the **corn**. **Drizzle** with **olive oil** and toss to combine. Season to taste with **salt** and **pepper**. **TIP:** Save the mint for garnish if the kids aren't fans!



## 6 SERVE UP

Divide the coconut rice between bowls. Top with the Caribbean beef and spoon over the corn-mint salsa.

# ENJOY!

# 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
coconut milk	1 tin (270ml)
water*	2 cups
salt*	½ tsp
basmati rice	2 packets
cucumber	1
tomato	1
mint	1 bunch
baby spinach leaves	1 bag (60g)
garlic	2 cloves
sweetcorn	1 tin (300g)
beef strips	1 packet
mild Caribbean jerk seasoning	1 sachet

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2330kJ (556Cal)	653kJ (156Cal)
Protein (g)	33.3g	9.4g
Fat, total (g)	14.8g	4.2g
- saturated (g)	8.5g	2.4g
Carbohydrate (g)	66.7g	18.7g
- sugars (g)	3.3g	0.9g
Sodium (g)	674mg	189mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

2020 | WK08