



# Caribbean Beef Chilli

with Coconut Rice & Tomato-Mint Salsa

Grab your Meal Kit  
with this symbol



Coconut Milk



Basmati Rice



Carrot



Garlic



Beef Mince



Mild Caribbean  
Jerk Seasoning



Mango Chutney



Tomato Paste



Chilli Flakes  
(Optional)



Tomato



Corn



Mint



Hands-on: **30-40 mins**  
Ready in: **35-45 mins**



Spicy (optional  
chilli flakes)



Naturally gluten-free  
*Not suitable for Coeliacs*

We've packed the signature flavours of the Caribbean into this mouth-watering beef chilli, served with fluffy coconut rice and a refreshing corn-mint salsa.

## 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 tin (165ml)	1 tin (400ml)
water* (for the rice)	¾ cup	1½ cups
salt* (for the rice)	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
carrot	1	2
garlic	2 cloves	4 cloves
beef mince	1 small packet	1 medium packet
mild Caribbean jerk seasoning	1 sachet	2 sachets
mango chutney	1 packet (50g)	1 packet (100g)
tomato paste	1 sachet	2 sachets
water* (for the beef)	¾ cup	1½ cups
salt* (for the beef)	½ tsp	1 tsp
chilli flakes (optional)	pinch	pinch
tomato	1	2
corn	1 cob	2 cobs
mint	1 bunch	1 bunch
white wine vinegar*	½ tsp	1 tsp

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3506kJ (837Cal)	634kJ (151Cal)
Protein (g)	39.6g	7.2g
Fat, total (g)	32.8g	5.9g
- saturated (g)	15.9g	2.9g
Carbohydrate (g)	86.6g	15.7g
- sugars (g)	20.6g	3.7g
Sodium (mg)	1736mg	314mg

## 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.

1



## Cook the coconut rice

In a medium saucepan, bring the **coconut milk**, **water (for the rice)** and **salt (for the rice)** 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, grate the **carrot** (unpeeled). Finely chop the **garlic**.

3



## Cook the beef mince

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **beef mince**, breaking up with a spoon, until browned, **4-5 minutes**. Add the **carrot**, **garlic** and **mild Caribbean jerk seasoning** and cook until fragrant, **1-2 minutes**.

4



## Make the beef chilli

Add the **mango chutney**, **tomato paste**, **water (for the beef)**, **salt (for the beef)** and a pinch of **chilli flakes** (if using). Stir to combine and simmer until heated through, **2 minutes**.

**TIP:** If you prefer a saucier chilli, stir in 1-2 tbs of water just before serving.

5



## Make the salsa

While the chilli is simmering, finely chop the **tomato**. Slice the kernels off the **corn** cob. Pick and roughly chop the **mint** leaves. In a medium bowl, combine the **tomato**, **corn**, **mint**, **white wine vinegar** and a drizzle of **olive oil**. Season to taste and stir to combine.

**TIP:** Add more or less vinegar, salt or pepper to taste.

6



## Serve up

Divide the coconut rice and Caribbean beef chilli between bowls. Serve with the tomato-mint salsa.

## Enjoy!