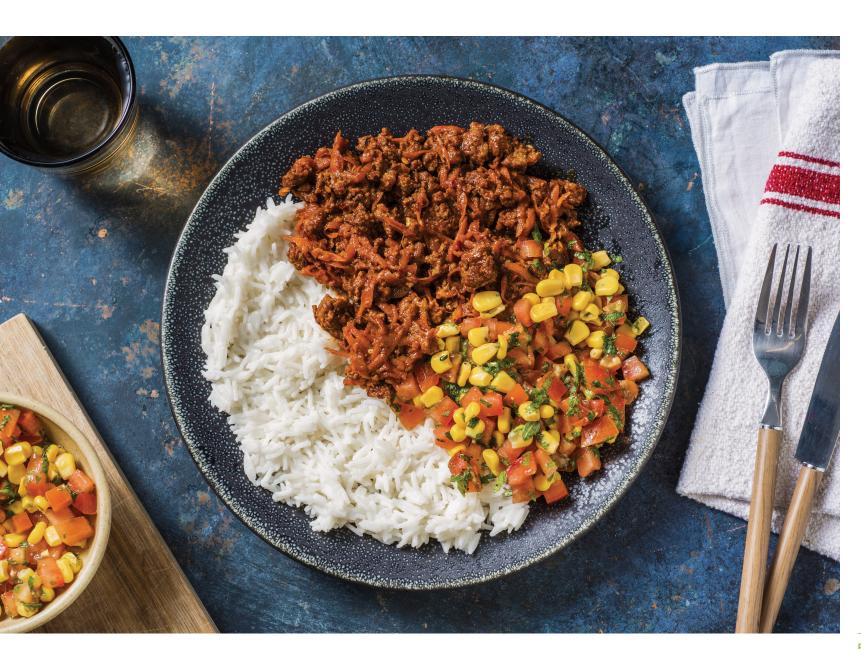
# Caribbean Beef Chilli

with Coconut Rice & Tomato-Mint Salsa













Carrot









Mango Chutney



**Tomato Paste** 



Chilli Flakes (Optional)





**Pantry items** 

Olive Oil, White Wine Vinegar

Not suitable for Coeliacs

#### 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	1⅓ cups
salt* (for the rice)	1/4 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

<sup>\*</sup>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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### 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!



# Get prepped

While the rice is cooking, grate the **carrot** (unpeeled). Finely chop the **garlic**.



#### 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**.



## 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.



#### 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.



# Serve up

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

Enjoy!