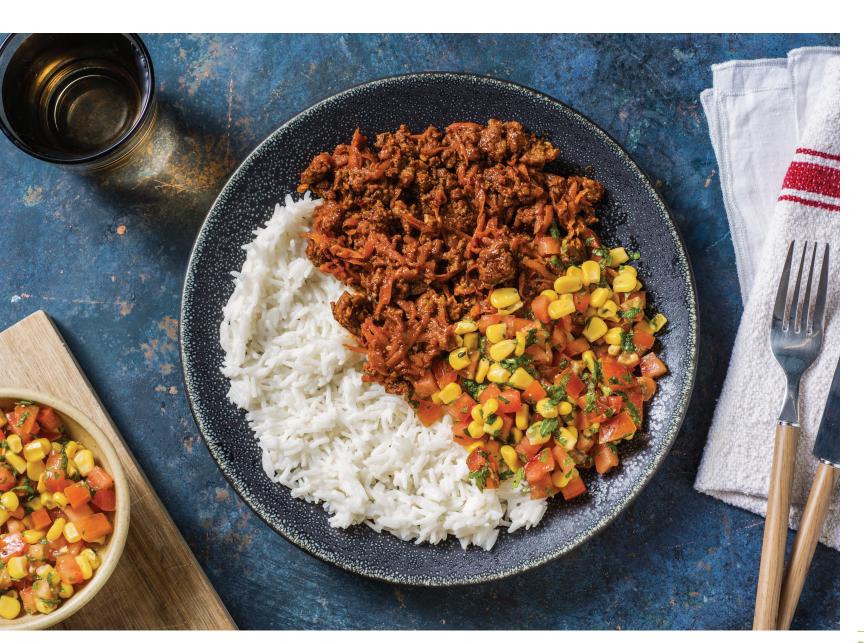
# Caribbean Beef Chilli

with Coconut Rice & Tomato-Mint Salsa

















Carrot





Sweetcorn



Mild Caribbean



Jerk Seasoning





Chilli Flakes

(Optional)

Tomato Paste



Tomato



Hands-on: 30-40 mins Ready in: 30-40 mins

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 tomato-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 a lid · Large frying pan

# Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
coconut milk	1 medium tin	1 large tin
water* (for the rice)	³⁄₄ cup	1½ cups
basmati rice	1 medium packet	1 large packet
carrot	1	2
garlic	2 cloves	4 cloves
sweetcorn	1 tin (125g)	1 tin (300g)
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 packet	2 packet
water* (for the beef)	3/4 cup	1½ cups
salt*	½ tsp	1 tsp
chilli flakes (optional)	pinch	pinch
tomato	1	2
mint	1 bag	1 bag
white wine vinegar*	½ tsp	1 tsp

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3470kJ (829Cal)	620kJ (148Cal)
Protein (g)	39.1g	7g
Fat, total (g)	33.1g	5.9g
- saturated (g)	15.9g	2.8g
Carbohydrate (g)	84.7g	15.1g
- sugars (g)	20.1g	15.1g
Sodium (mg)	1875mg	335mg

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 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 a generous pinch of **salt** 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**. Finely chop the **garlic**. Drain the **sweetcorn**. Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly charred, **4-5 minutes**. Transfer to a medium bowl.

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



#### Cook the beef mince

Return the frying pan with a drizzle of **olive oil** 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 and a pinch of chilli flakes (if using) to the beef mince. 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**. Pick and roughly chop the **mint** leaves. Add the **tomato**, **mint**, **white wine vinegar** and a drizzle of **olive oil** to the **corn**. Season to taste and stir to combine.

**TIP:** Seasoning is key in salsa, so add more 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!