

Caribbean Beef Chilli

with Coconut Rice & Tomato-Mint Salsa

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Carrot



Garlic



Sweetcorn



Beef Mince



Mild Caribbean Jerk Seasoning



Mango Chutney



Tomato Paste



Chilli Flakes (Optional)




Tomato



Mint

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

	2 People	4 People
olive oil*	refer to method	refer to method
coconut milk	1 medium tin	1 large tin
water* (for the rice)	¾ 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)	¾ 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

*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.

1



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!

4



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.

2



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.

5



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!

3



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**.

6



Serve up

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

Enjoy!