

Caribbean Bean Chilli

with Coconut Rice & Cherry Tomato Salsa

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Carrot



Garlic



Capsicum



Red Kidney Beans



Mild Caribbean Jerk Seasoning



Mint



Chilli Flakes (Optional)



Tomato Paste



Mango Chutney





Vegetable Stock Powder




Cherry Tomatoes



Greek-Style Yoghurt

 Hands-on: **35-45 mins**
 Ready in: **35-45 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

 Spicy (optional chilli flakes)

The star of this recipe? Red kidney beans. They're fibre and protein-packed, providing the perfect hearty base for a vegetarian chilli. Complete with fragrant coconut rice and a mint-flecked tomato salsa, this is one delish dish.

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 medium tin	1 large tin
water* (for the rice)	¾ cup	1½ cups
salt*	¼ tsp	½ tsp
basmati rice	1 medium packet	1 large packet
carrot	1	2
garlic	2 cloves	4 cloves
capsicum	1	2
red kidney beans	1 tin	2 tins
mild Caribbean jerk seasoning	1 sachet	2 sachets
mint	1 bag	1 bag
chilli flakes (optional)	pinch	pinch
tomato paste	1 packet	2 packets
mango chutney	1 packet (50g)	1 packet (100g)
water* (for the sauce)	1 cup	2 cups
vegetable stock powder	1 medium sachet	1 large sachet
cherry tomatoes	1 punnet	2 punnets
white wine vinegar*	1 tsp	2 tsp
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3077kJ (735Cal)	431kJ (103Cal)
Protein (g)	20.6g	2.9g
Fat, total (g)	20.5g	2.9g
- saturated (g)	14.8g	2.1g
Carbohydrate (g)	106.4g	14.9g
- sugars (g)	25.8g	3.6g
Sodium (mg)	1933mg	271mg

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.

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1 Cook the coconut rice

In a medium saucepan, combine the **coconut milk, water (for the rice)** and the **salt** and bring to the boil over a medium-high heat. 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 Prep the salsa

While the chilli is simmering, roughly chop the **cherry tomatoes**. Pick and roughly chop the **mint** leaves.



2 Get prepped

While the rice is cooking, grate the **carrot**. Finely chop the **garlic**. Roughly chop the **capsicum**. Drain and rinse the **red kidney beans**.



5 Make the salsa

In a medium bowl, combine the **cherry tomato**, **mint**, the **white wine vinegar** and a drizzle of **olive oil**. Season to taste with **salt** and **pepper** and stir to combine.



3 Make the chilli

Heat a large frying pan over a medium-high heat with a generous drizzle of **olive oil**. Add the **carrot, capsicum, garlic, mild Caribbean jerk seasoning** and a pinch of **chilli flakes** (if using) and cook until fragrant, **2-3 minutes**. Add the **tomato paste** and cook until darkened, **1-2 minutes**. Add the **mango chutney, kidney beans, the water (for the sauce)** and **vegetable stock powder**. Simmer until thickened, **5-7 minutes**.



6 Serve up

Divide the Caribbean bean chilli and coconut rice between bowls. Serve topped with the **Greek-style yoghurt** and cherry tomato salsa.

Enjoy!

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