



Caribbean Coconut & Kidney Bean Curry

with Garlic Rice, Charred Pineapple Salsa & Mint

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Capsicum



Cucumber



Lime



Red Kidney Beans



Pineapple Slices



Mild Caribbean Jerk Seasoning



Chilli Flakes (Optional)



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Mint



Beef Mince

Prep in: 35-45 mins
Ready in: 35-45 mins

Calorie Smart*
*Custom recipe is not Calorie Smart

Red kidney beans are the star of this vegetarian main course. They're packed with fibre and protein, ideal to turn this mildly spiced chilli into a hearty dinner, while garlic rice and a zesty tomato salsa add oodles of flavour.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|-------------------------------|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| garlic | 3 cloves | 6 cloves |
| jasmine rice | 1 medium packet | 1 large packet |
| water* | 1½ cups | 3 cups |
| capsicum | 1 | 2 |
| cucumber | 1 (medium) | 1 (large) |
| lime | ½ | 1 |
| red kidney beans | 1 packet | 2 packets |
| pineapple slices | ½ tin | 1 tin |
| mild Caribbean jerk seasoning | 1 medium sachet | 1 large sachet |
| chilli flakes (optional) | pinch | pinch |
| tomato paste | 1 tin | 2 tins |
| coconut milk | 1 medium packet | 2 medium packets |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| mint | 1 packet | 1 packet |
| beef mince** | 1 medium packet | 2 medium packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2630kJ (629Cal) | 405kJ (97Cal) |
| Protein (g) | 19.4g | 3g |
| Fat, total (g) | 22.3g | 3.4g |
| - saturated (g) | 15.6g | 2.4g |
| Carbohydrate (g) | 104.3g | 16.1g |
| - sugars (g) | 23.9g | 3.7g |
| Sodium (mg) | 1511mg | 233mg |
| Dietary Fibre (g) | 12.2g | 1.9g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3826kJ (914Cal) | 494kJ (118Cal) |
| Protein (g) | 48g | 6.2g |
| Fat, total (g) | 40.1g | 5.2g |
| - saturated (g) | 23.5g | 3g |
| Carbohydrate (g) | 104.3g | 13.5g |
| - sugars (g) | 23.9g | 3.1g |
| Sodium (mg) | 1563mg | 202mg |
| Dietary fibre | 12.2g | 1.6g |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the garlic rice

- Finely chop **garlic**. In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

4



Make the curry

- Return the frying pan to medium-high heat with a generous drizzle of **olive oil**. Cook **capsicum** until tender, **4-5 minutes**.
- Add **mild Caribbean jerk seasoning**, a pinch of **chilli flakes** (if using), the remaining **garlic** and **tomato paste** and cook until fragrant, **1 minute**.
- Add **red kidney beans**, **coconut milk**, **vegetable stock powder** and a splash of **water**. Reduce heat to medium and simmer until slightly thickened, **2-3 minutes**. Season to taste.

Custom Recipe: Cook beef mince with capsicum and continue as above.

2



Get prepped

- While the rice is cooking, cut **capsicum** into bite-sized chunks. Finely chop **cucumber**. Cut **lime** into wedges.
- Drain and rinse **red kidney beans**. Drain **pineapple slices** (see ingredients).

Custom Recipe: If you've added beef mince, drain, rinse, and use half the kidney beans.

5



Make the salsa

- Meanwhile, combine **charred pineapple**, **capsicum**, a squeeze of **lime juice** and a drizzle of **olive oil** in a medium bowl. Season.

3



Char the pineapple

- Heat a large frying pan over high heat. Cook **pineapple slices** until lightly charred, **2-3 minutes** each side. Transfer to a chopping board and roughly chop.

6



Serve up

- Divide garlic rice and Caribbean coconut and kidney bean curry between bowls. Top with charred pineapple salsa and tear over **mint**.
- Serve with any remaining lime wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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