



# Caribbean Coconut & Black Bean Curry

with Garlic Rice, Charred Pineapple Salsa & Mint

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Cucumber



Lime



Black 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

Black 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
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
basmati rice	1 packet	1 packet
<b>water*</b>	1½ cups	3 cups
carrot	1	2
cucumber	1 (medium)	1 (large)
lime	½	1
black beans	1 tin	2 tins
pineapple slices	½ tin	1 tin
mild Caribbean jerk seasoning	1 sachet	1 sachet
chilli flakes (optional)	pinch	pinch
tomato paste	1 packet	2 packets
coconut milk	1 small packet	2 small packets
vegetable stock powder	1 medium sachet	1 large sachet
mint	1 bag	1 bag
beef mince**	1 packet	1 packet (or 2 packets)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2685kJ (642Cal)	415kJ (99Cal)
Protein (g)	19.5g	3g
Fat, total (g)	21.2g	3.3g
- saturated (g)	15.3g	2.4g
Carbohydrate (g)	109.9g	17g
- sugars (g)	26g	4g
Sodium (mg)	1522mg	235mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3881kJ (928Cal)	503kJ (120Cal)
Protein (g)	48.1g	6.2g
Fat, total (g)	38.9g	5g
- saturated (g)	23.1g	3g
Carbohydrate (g)	109.9g	14.2g
- sugars (g)	26g	3.4g
Sodium (mg)	1560mg	202mg

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

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW23



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## 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 **basmati 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!

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## Make the curry

- Return the frying pan to medium-high heat with a generous drizzle of **olive oil**. Cook **carrot**, **mild Caribbean jerk seasoning**, a pinch of **chilli flakes** (if using) and the remaining **garlic**, until fragrant, **2-3 minutes**.
- Add **tomato paste** and cook until fragrant, **1-2 minutes**.
- Add **black 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:** Add the beef mince to the pan before the carrot and spice blend, then cook, breaking up with a wooden spoon, until browned, 3-4 minutes.

2



## Get prepped

- While the rice is cooking, grate the **carrot**. Finely chop **cucumber**. Cut **lime** (see ingredients) into wedges.
- Drain and rinse **black beans**. Drain **pineapple slices** (see ingredients).

**Custom Recipe:** If you're adding beef mince, only use half the black beans!

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## Make the salsa

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

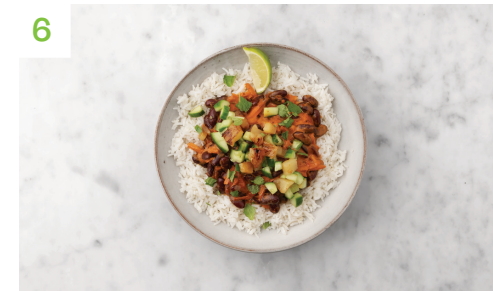
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## Char the pineapple

- 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 black bean curry between bowls. Top with charred pineapple salsa and tear over **mint**.
- Serve with any remaining lime wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)