



CARIBBEAN BEEF BOWL

with Charred Corn-Mint Salsa & Coconut Rice



Make coconut rice!



Coconut Milk



Basmati Rice



Tomato



Mint



Baby Spinach
Leaves



Garlic



Beef Rump



Mild Caribbean
Jerk Seasoning



Sweetcorn

Pantry Staples: Olive Oil



Hands-on: 30 mins

Ready in: 20 mins

If the creamy coconut rice doesn't make you feel like you're kicking back on a beach in the Caribbean, then the charred corn salsa or tender jerk-spiced beef will do the trick. Take a bite and enjoy a holiday fantasy!

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **medium saucepan** with a **lid** • **large frying pan**



1 MAKE THE COCONUT RICE

In a medium saucepan, add the **coconut milk**, the **water** and **salt** and bring 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!*



2 GET PREPPED

While the rice is cooking, finely chop the **tomato**. Pick the **mint** leaves and thinly slice. Roughly chop the **baby spinach leaves**. Finely chop the **garlic** (or use a garlic press). Slice the **beef rump** into 1cm strips. Place the **garlic**, **beef** strips and **mild Caribbean jerk seasoning** in a bowl. **Drizzle** with **olive oil**, season with **pepper** and toss to coat.



3 CHAR THE CORN

Drain the **sweetcorn**. Heat a large frying pan over a high heat. Add the **sweetcorn** and cook, tossing occasionally, until lightly browned, **4-5 minutes**. **TIP:** *Cover the pan with a lid if the kernels are "popping" out.* Transfer to a medium bowl.



4 COOK THE BEEF

When the rice has **5 minutes** cook time remaining, return the frying pan to a high heat with a **drizzle** of **olive oil**. Working in batches, add the **beef** and cook, tossing, until just cooked through, **1-2 minutes**. Transfer to a bowl, cover to keep warm and repeat with the **remaining beef**.



5 FINISH THE RICE & SALSA

When the rice is cooked, stir through the **baby spinach**. Add the **tomato** and **mint** to the bowl with the **corn**. **TIP:** *Save the mint for garnish if you have fussy eaters!* **Drizzle** with **olive oil** and toss to combine. Season to taste with **salt** and **pepper**.



6 SERVE UP

Divide the spinach-coconut rice between bowls. Top with the Caribbean beef and serve with the charred corn and mint salsa.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
coconut milk	1 tin (400ml)
water*	1½ cups
salt*	½ tsp
basmati rice	2 packets
tomato	1
mint	1 bunch
baby spinach leaves	1 bag (60g)
garlic	2 cloves
beef rump	1 packet
mild Caribbean jerk seasoning	1 sachet
sweetcorn	1 tin

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2500kJ (598Cal)	669kJ (160Cal)
Protein (g)	36.7g	9.8g
Fat, total (g)	15.7g	4.2g
- saturated (g)	8.7g	2.3g
Carbohydrate (g)	71.2g	19.1g
- sugars (g)	4.6g	1.2g
Sodium (g)	753mg	201mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
Hello@HelloFresh.co.nz

2020 | WK10

