



# Caribbean Beef Chilli

with Coconut Rice & Charred Corn-Mint Salad

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Carrot



Garlic



Sweetcorn



Long Red Chilli (Optional)



Beef Mince



Mild Caribbean Jerk Seasoning



Apricot Sauce



Tomato Paste



Mint



Lemon



Baby Spinach Leaves

Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

Spicy (optional long red chilli)

We've packed the signature flavours of the Caribbean into this mouth-watering beef chilli, served with fluffy coconut rice and a refreshing corn-mint salad.

### Pantry items

Olive Oil



## 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 tin (165ml)	1 tin (400ml)
water* (for the rice)	¾ cup	1¼ cups
salt* (for the rice)	¼ tsp	½ tsp
basmati rice	1 packet	1 packet
carrot	1	2
garlic	2 cloves	4 cloves
sweetcorn	½ tin	1 tin
long red chilli (optional)	½	1
beef mince	1 packet	1 packet
mild Caribbean jerk seasoning	1 sachet	1 sachet
apricot sauce	1 packet (30g)	2 packets (60g)
tomato paste	1 packet	2 packets
water* (for the beef)	¾ cup	1½ cups
salt* (for the beef)	¼ tsp	½ tsp
mint	1 bunch	1 bunch
lemon	½	1
baby spinach leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	4194kJ (1002Cal)	714kJ (170Cal)
Protein (g)	43.5g	7.4g
Fat, total (g)	39.8g	6.8g
- saturated (g)	21.2g	3.6g
Carbohydrate (g)	88.1g	15g
- sugars (g)	21.4g	3.6g
Sodium (mg)	2037mg	347mg

## 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.



## 1 Cook the coconut rice

In a medium saucepan, bring the **coconut milk**, **water (for the rice)** and **salt (for the rice)** 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 Finish the beef chili

Add the **apricot sauce**, **tomato paste**, **water (for the beef)**, **salt (for the beef)** and **long red chilli** (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** (unpeeled). Finely chop the **garlic**. Drain the **sweetcorn** (see ingredients). Finely chop the **long red chilli** (if using).



## 5 Make the salad

While the chilli is simmering, finely chop the **mint** leaves. Slice the **lemon** into wedges. Roughly chop the **baby spinach leaves**. Add the **mint**, **baby spinach**, a squeeze of **lemon juice** and a drizzle of **olive oil** to the charred **corn**. Season to taste and toss to combine.

**TIP:** Seasoning is key in this salad, so taste and add more lemon juice, salt or pepper if you like.



## 3 Start the beef chilli

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **sweetcorn** until lightly charred, **4-5 minutes**. Transfer to a medium bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **beef mince**, breaking it 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**.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.



## 6 Serve up

Divide the coconut rice and Caribbean beef chilli between bowls. Serve with the charred corn-mint salad and any remaining lemon wedges.

## Enjoy!