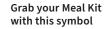
Caribbean Beef Chilli

with Coconut Rice & Charred Corn-Mint Salad















Carrot





Sweetcorn







Mild Caribbean Jerk Seasoning





Apricot Sauce







Lemon

Baby Spinach Leaves

Pantry items

Olive Oil

long red chilli)

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

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	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)	1/4 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)	1/2	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)	³⁄4 cup	1½ cups	
salt* (for the beef)	1/4 tsp	½ tsp	
mint	1 bunch	1 bunch	
lemon	1/2	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** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!



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).



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.



Finish the beef chilli

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.



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.



Serve up

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

Enjoy!