



CARIBBEAN BEEF CHILLI

with Coconut Rice & Cucumber-Coriander Salsa



Make a creamy
coconut rice



Carrot



Garlic



Cucumber



Basmati Rice



Coconut Milk



Chilli Flakes (Optional)



Beef Mince



Jamaican Spice Blend



Tomato Paste



Mango Chutney



Roma Tomato



Coriander



Lemon



Hands-on: **30** mins

Ready in: **35** mins



Spicy (optional chilli flakes)



Naturally gluten-free

Not suitable for Coeliacs

We've packed all the signature flavours of the Caribbean into this dish, and we think the touch of coconut rice might just be the best bit...

Pantry staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **box grater**, **garlic crusher**, **sieve**, **medium saucepan** with a **lid**, **large frying pan**, **wooden spoon** and a **medium bowl**.



1 GET PREPPED

Grate the **carrot** (unpeeled). **TIP:** Keep the skin on the carrot to retain all its nutrients. Peel and crush the **garlic**. Slice the **lemon** (use **suggested amount**) into wedges and juice until you have **2 tsp for 2 people / 1 tbs for 4 people**.



2 COOK THE COCONUT RICE

Rinse the **basmati rice** well. Place the **rice**, **coconut milk**, **water (for the rice)** and **salt (for the rice)** into a medium saucepan and bring to the boil over a high heat. Once boiled, reduce the heat to low and simmer, covered, for **15 minutes**, or until the rice is soft and the liquid has absorbed. Season with a **pinch of pepper** and set aside. Cover with a lid to keep warm. **TIP:** Refrain from lifting the lid as this allows steam to escape and slows down the cooking process.



4 MAKE THE BEEF CHILLI

Add the **mango chutney**, **tomato paste**, **water (for the beef)**, **salt (for the beef)** and the **chilli flakes** (if using) to the pan with the beef mince. **TIP:** Some like it hot but if you don't, just hold back on the chilli flakes! Mix well and simmer for **2 minutes** to warm through. **TIP:** If you prefer a looser chilli, add **1-2 tbs** of **water** just prior to serving.



5 MAKE THE SALSA

While the chilli is simmering, dice the **cucumber** and **Roma tomato**. Roughly chop the **coriander** leaves. In a medium bowl, combine the cucumber, tomato, coriander, **lemon juice** and a **drizzle of olive oil**. Season to taste with a **pinch of salt** and **pepper** and stir to combine.



3 COOK THE BEEF MINCE

While the rice is cooking, heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **beef mince** and cook, breaking up with a wooden spoon, for **4-5 minutes**, or until browned. Add the **carrot**, **garlic** and **Jamaican spice blend** and cook for **1-2 minutes**, or until fragrant.



6 SERVE UP

Divide the coconut rice and Caribbean beef chilli between bowls. Spoon over the cucumber-coriander salsa.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	1	2
garlic	2 cloves	4 cloves
lemon	½	1
basmati rice	1 packet (¾ cup)	2 packets (1½ cups)
coconut milk	1 tin (165 mL)	2 tins (330 mL)
water* (for the rice)	1 cup	2 cups
salt* (for the rice)	¼ tsp	½ tsp
beef mince	1 packet	1 packet
Jamaican spice blend	1 sachet (1 tbs)	2 sachets (2 tbs)
mango chutney	1 tub (50 g)	1 tub (100 g)
tomato paste	1 sachet (2 tbs)	2 sachets (4 tbs)
water* (for the beef)	¾ cup	1½ cups
salt* (for the beef)	½ tsp	1 tsp
chilli flakes (optional)	pinch	pinch
cucumber	1	2
Roma tomato	1	2
coriander	1 bunch	1 bunch

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3330kJ (796Cal)	452kJ (108Cal)
Protein (g)	41.5g	5.6g
Fat, total (g)	29.8g	4.0g
- saturated (g)	15.0g	2.0g
Carbohydrate (g)	81.4g	11.1g
- sugars (g)	17.4g	2.4g
Sodium (g)	1400mg	190mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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