



# Fragrant Caribbean Beef

with Coconut Rice and Sweetcorn Salsa



## HELLO APRICOT

Apricots were first cultivated in China around 2000 BC.



Onion



Sweetcorn



Black Beans



Dried Apricots



Chicken Stock Pot



Coconut Milk



Basmati Rice



Beef Mince



Poudre de Colombo



Tomato Purée



Mango Chutney



Coriander



Lime

MEAL BAG

35 mins

4 of your 5 a day

Little heat

Poudre de Colombo may have originated in Sri Lanka but it adds an unmistakably sunny Caribbean vibe to anything you cook with it, including tonight's spiced beef. Sweetened with mango chutney and served with coconut rice, it's a true taste of sunshine... something we could all do with on these cold winter nights!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Colander**, **Large Saucepan** (with a **Lid**), **Measuring Jug**, **Frying Pan** and **Fine Grater**. Now, let's get cooking!



### 1 PREP THE VEGGIES

Halve, peel and chop the **onion** into ½cm pieces. Drain and rinse the **sweetcorn** and **black beans** together in a colander. Cut each dried **apricot** into quarters. Heat a glug of **oil** in a large saucepan on medium heat and add half the **onion**. Cook until soft, 5 mins. Then add half the **chicken stock pot**, water (amount specified in the ingredient list) and **coconut milk** (only use amount specified or the rice won't cook properly).



### 2 COOK THE RICE

Bring the mixture to the boil, stir to dissolve, then add the **basmati** rice. Add **two-thirds** of both the **sweetcorn** and **black beans** to the rice. Mix and bring to the boil, then reduce the heat to medium-low. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins.

★ **TIP:** The rice will finish cooking in its own steam.



### 3 BEEF IT UP!

While the rice cooks, heat a drizzle of **oil** in a frying pan on medium-high heat. Once the oil is hot, add the **beef mince**. Cook until browned, breaking it up with a spoon, 5-6 mins. Add the remaining **onion** to the **beef** and cook until softened, stirring occasionally, another 5 mins. Add the **apricots**, **poudre de colombo** and **tomato purée**. Stir together and cook for 1 minute more.



### 4 THICKEN THE SAUCE

Next, add the **mango chutney**, remaining **stock pot** and **water** (amount specified in the ingredient list) to the pan. Bring to a simmer and gently bubble until the sauce is rich and thick, 5-7 mins.



### 5 MAKE THE SALSA

As the beef is cooking, roughly chop the **coriander** (stalks and all) and pop it in a small bowl. Mix in the remaining **sweetcorn** and **black beans**. Zest the **lime** and set aside. Cut the **lime** in half and squeeze a little of the juice into the **sweetcorn** and **beans**. Stir in the **olive oil** (amount specified in the ingredient list) and add a pinch of **salt** and a grind of **pepper**. Mix well... that's the salsa done!



### 6 FINISH AND SERVE

When the **rice** is cooked, fluff it up with a fork and stir through the **lime zest**. Serve it in bowls with the **Caribbean beef** on top and some **sweetcorn salsa**. **Enjoy!**

## 2 PEOPLE INGREDIENTS

Onion, chopped	1
Sweetcorn	1 tin
Black Beans	1 tin
Dried Apricots, quartered 14)	40g
Chicken Stock Pot	1
Water for the Stock*	100ml
Coconut Milk	200ml
Basmati Rice	150g
Beef Mince	250g
Poudre de Colombo 9)	1½ tsp
Tomato Purée	30g
Mango Chutney	40g
Water for the Beef*	150ml
Coriander, chopped	1 small bunch
Lime	½
Olive Oil*	1 tbsp

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 733G	PER 100G
Energy (kcal)	1076	147
(kJ)	4518	616
Fat (g)	43	6
Sat. Fat (g)	24	3
Carbohydrate (g)	118	16
Sugars (g)	39	5
Protein (g)	47	6
Salt (g)	4.15	0.57

### ALLERGENS

9) Mustard 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

You made this, now show it off! Share your creations with us:

    #HelloFreshSnaps

**HelloFresh UK**  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

