



FRAGRANT CARIBBEAN BEEF

with Coconut Rice and Sweetcorn Salsa



HELLO SWEETCORN

Early settlers in North America used corn as currency, trading it for other items.



Onion



Sweetcorn



Black Beans



Dried Apricots



Chicken Stock Pot



Water



Coconut Milk



Basmati Rice



Beef Mince



Poudre de Colombo



Tomato Purée



Mango Chutney



Coriander



Lime



Olive Oil

MEAL BAG

Hands-on: 10 mins
Total: 35 mins



Family Box

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 START THE RICE

Halve, peel and chop the **onion** into ½cm pieces. Drain and rinse the **sweetcorn** and **black beans** 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**. Bring to the boil, stir to dissolve and then add the **basmati rice**.



2 COOK THE 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, cover with a lid and simmer, 10 mins. 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

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), 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!**

4 PEOPLE INGREDIENTS

Onion, chopped	2
Sweetcorn	2 tins
Black Beans	2 tins
Dried Apricots, quartered 14)	80g
Chicken Stock Pot	2
Water for the Stock *	200ml
Coconut Milk	400ml
Basmati Rice	300g
Beef Mince	500g
Poudre de Colombo 9)	1 tbsp
Tomato Purée	60g
Mango Chutney	80g
Water for the Beef *	300ml
Coriander, chopped	1 large bunch
Lime	1
Olive Oil*	2 tbsp

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	1078	144
(kJ)	4523	603
Fat (g)	43	6
Sat. Fat (g)	24	3
Carbohydrate (g)	118	16
Sugars (g)	40	5
Protein (g)	47	6
Salt (g)	4.15	1.00

ALLERGENS

9) Mustard 14) Sulphites

Poudre de Colombo: Cumin Seeds, Coriander Seeds, Fenugreek, Black Peppercorns, Black **Mustard** Seeds, Turmeric, Clove Buds.

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

👍 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. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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