



Cheesy Korean Style BBQ Beans with Jasmine Rice and Crispy Onions

Quick 20 Minutes • Mild Spice • Veggie

21



Jasmine Rice



Tomato Puree



Red Kidney Beans



Gochujang Paste



Vegetable Stock Paste



Mature Cheddar Cheese



Baby Spinach



BBQ Sauce



Crispy Onions

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Kettle, saucepan, frying pan, grater, sieve and lid.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Tomato Puree	30g	45g	60g
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Gochujang Paste 11)	50g	75g	100g
Vegetable Stock Paste 10)	10g	15g	20g
Mature Cheddar Cheese** 7)	80g	120g	160g
Baby Spinach**	100g	150g	200g
BBQ Sauce	48g	72g	96g
Crispy Onions 13)	1 sachet	1½ sachets	2 sachets

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3538/846	798/191
Fat (g)	28.2	6.4
Sat. Fat (g)	16.2	3.7
Carbohydrate (g)	109.9	24.8
Sugars (g)	16.9	3.8
Protein (g)	35.8	8.1
Salt (g)	4.70	1.06

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **10)** Celery **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 12-13 mins.



Time to Drain

- When the **rice** is cooked, drain in a sieve and pop back in the pan.
- Cover with a lid and leave to the side until ready to serve.



Bring on the Beans

- Meanwhile, pop a large frying pan on medium-high heat.
- Once hot, add the **tomato puree**, **kidney beans** and all their **liquid**.
- Stir in the **gochujang paste**, **veg stock paste** and **sugar** (see pantry for amount).
- Bring to the boil, then simmer until thickened, 5-6 mins.



Add the BBQ Sauce

- Just before serving, stir the **BBQ sauce**, **butter** (see pantry for amount) and **half** the **cheese** into the **beans**.
- Taste and season with **salt** and **pepper** if needed.
- Add a splash of **water** if you feel it needs it.



Cheese Please

- Meanwhile, grate the **cheese**.
- Once the **sauce** has thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.



Serve Up

- Share the **rice** between your bowls and spoon over the **BBQ beans**.
- Serve with the remaining **cheese** and the **crispy onions** sprinkled on top.

Enjoy!