



Caribbean Style BBQ Beans with Avocado, Cheese and Crispy Onions

Quick 20 Minutes • Mild Spice • 2 of your 5 a day • Veggie

17



Basmati Rice



Garlic Clove



Mature Cheddar
Cheese



Mixed Beans



Tomato Puree



Caribbean Style
Jerk



Vegetable Stock
Paste



Avocado



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, sieve, lid, garlic press, grater and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	1	2	2
Mature Cheddar Cheese** 7)	60g	90g	120g
Mixed Beans	1 carton	1½ cartons	2 cartons
Tomato Puree	30g	45g	60g
Caribbean Style Jerk 9)	2 sachets	3 sachets	4 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Avocado	1	1½	2
Baby Spinach**	40g	100g	100g
BBQ Sauce	48g	80g	96g
Crispy Onions 13)	1 sachet	2 sachets	2 sachets

Pantry	2P	3P	4P
Sugar*	½ tsp	1 tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	435g / 831	100g / 191
Fat (g)	39.4	9.1
Sat. Fat (g)	17.0	3.9
Carbohydrate (g)	91.7	21.1
Sugars (g)	10.1	2.3
Protein (g)	26.7	6.1
Salt (g)	3.67	0.84

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

Allergens

7) Milk 9) Mustard 10) Celery 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 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Avo Nice Day

- Meanwhile, halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, face-down.
- Slice into 1cm thick slices.
- Season with **salt** and **pepper**.



Prep Time

- In the meantime, peel and grate the **garlic** (or use a garlic press).
- Grate the **Cheddar cheese**.
- Drain and rinse the **mixed beans** in a sieve.



Add the Spinach

- Once the **sauce** has thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Remove from the heat, then stir in the **BBQ sauce** and **butter** (see pantry for amount).
- Taste and season with **salt** and **pepper** if needed.
- Add a splash of **water** if it's a little too thick.



Sauce Things Up

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **garlic**, **tomato puree** and **Caribbean style jerk**. Fry for 1 min.
- Stir in the **mixed beans**, **vegetable stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).
- Bring to the boil, then lower to a simmer. Cook until thickened slightly, 3-4 mins.



Serve Up

- Share the **rice** between your serving bowls.
- Top with your **Caribbean style BBQ beans**.
- Sprinkle over the **Cheddar** and **crispy onions**.
- Finish by fanning out the **sliced avocado** on top of each bowl.

Enjoy!