



Caribbean Style BBQ Spiced Beef Bowl

with Rice and Chilli Flakes

Super Quick 10-15 Minutes • Mild Spice

8



Basmati Rice



Beef Mince



Caribbean Style Jerk



Dried Thyme



Tomato Puree



Chicken Stock Paste



Baby Spinach



BBQ Sauce



Chilli Flakes

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, frying pan and saucepan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Beef Mince**	240g	360g	480g
Caribbean Style Jerk 9)	2 sachets	3 sachets	4 sachets
Dried Thyme	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
BBQ Sauce	48g	80g	96g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Pantry	2P	3P	4P
Sugar*	½ tsp	1 tsp	1 tsp
Water for the Sauce*	150ml	225ml	300ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	351g	100g
Energy (kJ/kcal)	2903 /694	828 /198
Fat (g)	29.3	8.4
Sat. Fat (g)	13.9	4.0
Carbohydrate (g)	74.1	21.1
Sugars (g)	8.1	2.3
Protein (g)	35.2	10.0
Salt (g)	2.66	0.76

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

Allergens

9) Mustard

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, cereals containing 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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1



Get Frying

- Boil a half-full kettle.
- Meanwhile, heat a frying pan on medium-high heat (no oil).
- Once hot, add the **beef mince**. Fry, 5-6 mins. Use a spoon to break it up.
IMPORTANT: Wash hands and utensils after handling raw meat.
- Pour the **boiled water** into a saucepan with ¼ **tsp salt** on high heat.

3



Sauce Up

- Stir through the **tomato puree, chicken stock paste, sugar** and **water** (see pantry for both).
- Simmer, 4-5 mins.
- Next, add the **spinach** in handfuls, making sure it's piping hot, 1-2 mins. Remove from the heat.
- Stir in the **BBQ sauce** and **butter** (see pantry). Add a splash of **water** if needed.

2



Rice Time

- Boil the **rice**, 10-12 mins.
- Once cooked, drain and pop back in the pan. Cover.
- Drain and discard any excess fat from the **beef**. Season with **salt** and **pepper**.
IMPORTANT: Cook so there's no pink in the middle.
- Season with **salt** and **pepper**. Add the **Caribbean style jerk** and **dried thyme**.

4



Dinner's Ready!

- Share the **rice** and **beef mince** between your bowls.
- Sprinkle over the **chilli flakes** to finish.

Enjoy!