



Caribbean Style Beef and Black Beans

with Zesty Rice and Tomato Salsa

Quick 20-25 Minutes • **Mild Spice** • 3 of your 5 a day

9



Basmati Rice



Black Beans



Medium Tomato



Lime



Garlic Clove



Beef Mince



Caribbean Style Jerk



Tomato Puree



Chicken Stock Paste



Mango Chutney



Baby Spinach

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, fine grater, garlic press, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Black Beans	1 carton	1½ cartons	2 cartons
Medium Tomato	1	2	2
Lime**	1	1	2
Garlic Clove**	2	3	4
Beef Mince**	240g	360g	480g
Caribbean Style Jerk 9)	2 sachets	2 sachets	4 sachets
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Mango Chutney	40g	60g	80g
Baby Spinach**	40g	100g	100g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	150ml	200ml	250ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	711g	100g
Energy (kJ/kcal)	3482 / 832	490 / 117
Fat (g)	31.1	4.4
Sat. Fat (g)	14.4	2.0
Carbohydrate (g)	98.2	13.8
Sugars (g)	17.5	2.5
Protein (g)	44.9	6.3
Salt (g)	3.00	0.42


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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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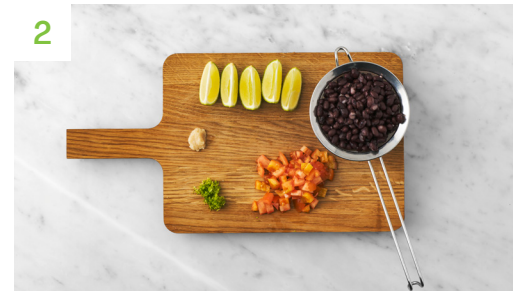
Cook the Rice

- Boil a half-full kettle.
- Pour the **water for the rice** (see pantry for amount) 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.



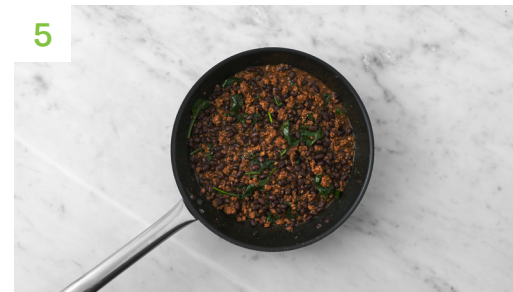
Get Frying

- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks.
- Once browned, drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



Do the Prep

- Meanwhile, drain and rinse the **black beans** in a sieve.
- Cut the **tomato** into ½cm chunks. Zest and cut the **lime** into wedges.
- Peel and grate the **garlic** (or use a garlic press).



Add the Flavour

- Add the **garlic**, **Caribbean style jerk** and **tomato puree** to the pan and cook until fragrant, 1 min.
- Stir through the **black beans**, **chicken stock paste** and **water for the sauce** (see pantry for amount). Simmer until thickened, 2-3 mins.
- Once thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Stir through the **mango chutney** and **butter** (see pantry for amount) until melted. Remove from the heat.



Time to Salsa

- In a small bowl, combine the **tomato**, **juice** from **half** the **lime**, a drizzle of **olive oil**, the **sugar** (see pantry for amount) and a pinch of **salt**. Set aside.



Finish and Serve

- Fluff the **rice** up with a fork and stir through the **lime zest**, then share between your bowls.
- Top with the **Caribbean beef and tomato salsa**.
- Serve with any remaining **lime wedges** for squeezing over.

Enjoy!