



Caribbean-Spiced Black Bean Curry

with Zesty Quinoa

BALANCED 35 Minutes • Under 600 Calories • Little Heat • 2 of your 5 a day • Veggie



Shallot



Garlic Clove



Yellow Pepper



Coriander



Lime



Black Beans



Vegetable Stock Powder



Quinoa



Desiccated Coconut



Jerk Spice Mix



Light Coconut Milk



Tomato Passata



Baby Spinach

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need:

Medium Saucepan, Fine Grater, Sieve and Large Frying Pan.

Ingredients

	2P	3P	4P
Shallot**	1	2	2
Garlic Clove**	1	2	2
Yellow Pepper**	1	1½	2
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	¾	1
Black Beans	1 carton	1½ cartons	2 cartons
Vegetable Stock Powder 10	1 sachet	1½ sachets	2 sachets
Quinoa	120g	175g	240g
Desiccated Coconut	½ pot	¾ pot	1 pot
Jerk Spice Mix	1 small pot	¾ large pot	1 large pot
Light Coconut Milk	½ tin	¾ tin	1 tin
Tomato Passata	1 carton	1½ cartons	2 cartons
Baby Spinach**	1 small bag	1 small bag	1 large bag

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	584g	100g
Energy (kJ/kcal)	2284 /546	391 /94
Fat (g)	18	3
Sat. Fat (g)	11	2
Carbohydrate (g)	63	11
Sugars (g)	18	3
Protein (g)	24	4
Salt (g)	2.39	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

10) Celery

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Contact

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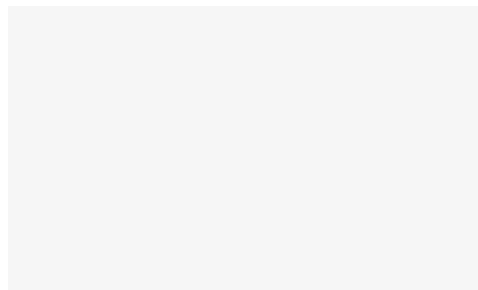
1. Get Prepared

Pop a medium saucepan of water on to boil to use for the **quinoa**. Peel, half and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Halve the **yellow pepper** and discard the core and seeds. Slice into thin strips. Roughly chop the **coriander** (stalks and all). Zest the **lime** and chop into wedges. Drain and rinse the **black beans** in a sieve.



4. Cook the Curry

Return your now empty frying pan to a medium-high heat with a splash of **oil**. Once hot, add the **yellow pepper** and cook until starting to soften, 5-6 mins. Once softened slightly, add the **shallot** to the pan and cook until soft, 3-4 minutes, then stir in the **garlic** and **Caribbean jerk seasoning**. Cook for 1 more minute, then add the **beans, coconut milk, tomato passata** and remaining **stock powder**. Stir to dissolve the **stock**.



2. Cook the Quinoa

When the **water** in the pan is boiling, stir in the **quinoa** and **half the stock powder**. Bring to the boil, lower the heat and simmer until the **quinoa** has doubled in size and the seed has visibly split, 12-15 mins. Drain into a sieve and return to the pan, off the heat. Cover with a lid and set aside.



5. Simmer the Curry

Bring the **curry** to the boil, then lower the heat slightly and leave to bubble until thick and creamy, 6-8 mins, stirring occasionally. Once thickened, stir the **spinach leaves** into the pan, one handful at a time, until wilted. Stir in **half the coriander** and season to taste with **salt** and **pepper**.



3. Toast the Coconut

Meanwhile, pop a large frying pan on medium heat (no oil) and add the **desiccated coconut**. Toast until golden, 2-3 mins, stirring frequently. **TIP:** Watch it like a hawk as it can burn easily. Then transfer into a bowl and set to one side.



6. Finish Up

Fluff the **quinoa** up with a fork and stir the **lime zest** and remaining **coriander**. Season with **salt** and **pepper**. Share between your bowls. Spoon over the **black bean curry**. Sprinkle the **desiccated coconut** on top and serve the **lime wedges** on the side to squeeze on top!

Enjoy!