



Coconutty Caribbean-Style Kidney Bean Stew with Pepper, Spinach and Rice

Calorie Smart 35 Minutes • Under 600 Calories • Medium Spice • 2.5 of your 5 a day • Veggie



Red Onion



Bell Pepper



Red Chilli



Lime



Garlic Clove



Thyme



Coriander



Kidney Beans



Caribbean Jerk Spice



Smoked Paprika



Coconut Milk



Vegetable Stock Powder



Baby Spinach



Steamed Basmati Rice

Before you start

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

Cooking tools, you will need:

Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Sieve and Saucepan.

Ingredients

	2P	3P	4P
Red Onion**	1	2	2
Bell Pepper***	1	2	2
Red Chilli**	½	¾	1
Lime**	1	1	1
Garlic Clove**	2 cloves	3 cloves	4 cloves
Thyme**	½ bunch	¾ bunch	1 bunch
Coriander**	1 bunch	1 bunch	1 bunch
Kidney Beans	1 carton	1½ cartons	2 cartons
Caribbean Jerk Spice	1 small pot	¾ large pot	1 large pot
Smoked Paprika	1 small pot	1 large pot	2 small pots
Coconut Milk	200ml	300ml	400ml
Water*	100ml	150ml	200ml
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets
Baby Spinach**	1 bag	1 bag	2 bags
Steamed Basmati Rice	1 pouch	2 pouches	2 pouches

*Not Included **Store in the Fridge

***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	585g	100g
Energy (kJ/kcal)	2307/552	395/94
Fat (g)	22	4
Sat. Fat (g)	17	3
Carbohydrate (g)	65	11
Sugars (g)	12	2
Protein (g)	19	3
Salt (g)	1.69	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact


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Get Prepped!

Halve, peel and thinly slice the **onion**. Halve the **pepper** and discard the core and seeds. Chop into 2cm sized chunks. Halve the **chilli** lengthways, deseed then finely chop. Zest and halve the **lime**. Peel and grate the **garlic** (or use a garlic press). Pick the **thyme leaves** from their stalks (discard the stalks). Roughly chop the **coriander** (stalks and all). Drain and rinse the **kidney beans** in a sieve.



Simmer

Add the **coconut milk**, **water** (see ingredients for amounts) and **vegetable stock powder**. Stir to dissolve the **stock powder** and season with **salt** and **pepper**. Add the **kidney beans**, bring to a simmer and cook, stirring occasionally, until thickened slightly, 10-12 mins. **TIP:** Add a splash of **water** if the **stew** looks a little dry.



Start Cooking

Heat a drizzle of **oil** in a large saucepan over medium heat. Once hot, add the **onion** and **pepper** and cook, stirring until they're softened and starting to brown, 8-10 mins.



Finish Up!

Once the **stew** is cooked, add in the **spinach** a handful at a time, stirring, until wilted, 2-3 mins. Meanwhile, cook the **rice** separately according to the pack instructions. Once the **spinach** has wilted, stir through **half** the **coriander**, the **lime zest** and a squeeze of **lime juice**. Taste and season with **salt** and **pepper**. Cut any remaining **lime** into wedges.



Add Flavour

Add the **garlic**, **thyme**, **Caribbean jerk mix** and **smoked paprika**. Stir until aromatic, 1-2 mins. **TIP:** Make sure you stir frequently to prevent it from burning!



Serve!

Divide the **rice** between bowls and top with the **stew**. Scatter over the remaining **coriander** and the **red chilli** (add as much as you like). Serve with the remaining **lime wedges** for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.