



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

Classic 35 Minutes • Medium Spice • 2.5 of your 5 a day • Plant-Based

22



Red Onion



Bell Pepper



Red Chilli



Lime



Garlic Clove



Thyme



Coriander



Kidney Beans



Jerk Spice Mix



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, Saucepan and Measuring Jug.

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	1 ½ cartons	2 cartons
Jerk Spice Mix	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 small bag	1 large bag	2 small bags

Steamed Basmati Rice 1 pouch 1½ 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)	2311/552	395/95
Fat (g)	22	4
Sat. Fat (g)	17	3
Carbohydrate (g)	66	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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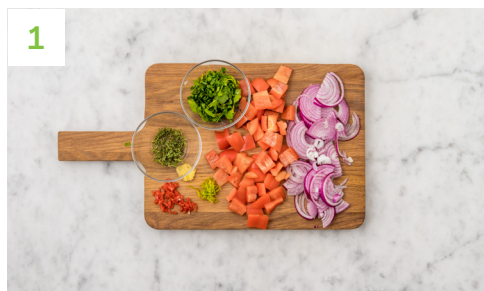
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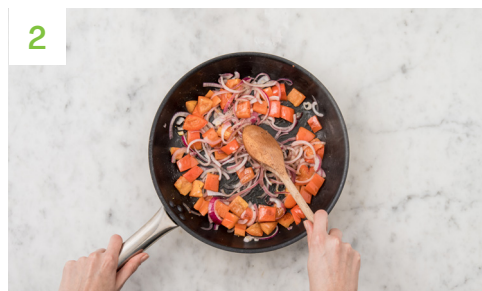
Get Prepped

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.



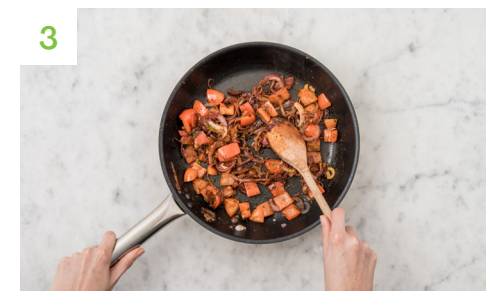
Start Cooking

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



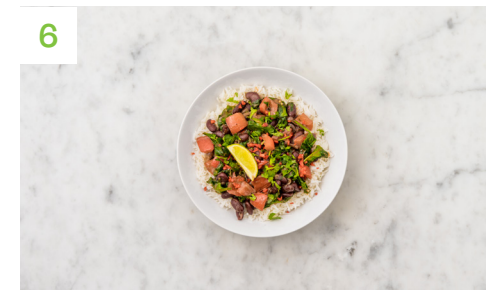
Finish Up

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 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**, **jerk spice 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 any 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.

