



Caribbean Black Bean and Coconut Rice Bowl

with Charred Pineapple Salsa

Veggie

30 Minutes



Black Beans



Basmati Rice



Lime



Cilantro



Pineapple, spears



Shredded Coconut



Roma Tomato



Garlic



Jalapeño



Sweet Bell Pepper



Green Onions

HELLO GREEN ONIONS

The delicate green tops and crunchy white stems are perfect for rounding out the flavours in salsa!

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 4 (dbl for 4 ppl):

- Mild: ½ tbsp
- Medium: 1 tbsp
- Spicy: 1 ½ tbsp
- Extra-spicy: 2 tbsp

Bust Out

Medium bowl, measuring spoons, zester, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
Basmati Rice	¾ cup	1 ½ cup
Lime	1	2
Cilantro	7 g	14 g
Pineapple, spears	95 g	190 g
Shredded Coconut	1 tbsp	2 tbsp
Roma Tomato	160 g	320 g
Garlic	6 g	12 g
Jalapeño 🌶️	1	1
Sweet Bell Pepper	160 g	340 g
Green Onions	2	4
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Cook rice

Bring **1 ¼ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



Cook beans and peppers

Add **½ tbsp oil** (dbl for 4 ppl), then the **garlic, peppers** and **½ tbsp jalapeños** to the same pan. (**NOTE:** Refer to heat guide.) Cook, stirring often, until fragrant, 2-3 min. Add the **black beans** and their **liquid** and **half the tomatoes**. Cook, stirring occasionally, until **sauce** thickens slightly, 5-6 min. Remove from heat. Season with **salt** and **pepper**.



Prep

While the rice cooks, cut **tomatoes** into ¼-inch pieces. Core, then cut the **pepper** into ¼-inch pieces. Cut **pineapple** into ½-inch pieces. Zest, then juice **lime(s)**. Thinly slice **green onions**. Roughly chop **cilantro**. Peel, then mince or grate the **garlic**. Finely chop **jalapeño**, removing seeds for less heat. (**NOTE:** We suggest using gloves when prepping jalapeño!)



Finish pineapple salsa

While the **bean mixture** cooks, add the **lime juice, green onions, remaining tomatoes** and **half the cilantro** to the medium bowl with the **pineapple**. Season with **salt** and **pepper**.



Toast coconut and pineapple

Heat a large non-stick pan over medium-high heat. When hot, add the **coconut** to the dry pan. Toast, stirring often, until golden-brown, 1-2 min. Transfer to a small bowl. Add the **pineapple** to the same dry pan. Sprinkle **½ tsp sugar** (dbl for 4 ppl) over **pineapple**. Cook, stirring often, until tender and golden-brown, 3-4 min. Set aside in a medium bowl.



Finish and serve

Stir the **remaining cilantro** into the **bean mixture**. Fluff the **rice** with a fork then stir in the **lime zest** and **toasted coconut**. Season with **salt**. Divide **coconut rice** between bowls. Top with the **bean mixture** and the **pineapple salsa**.

Dinner Solved!