Caribbean Kidney Bean & Slaw Tacos

with Charred Pineapple Chilli Salsa

NEW

Grab your meal kit with this number **19**

- Pineapple Slices
- Red Kidney Beans
- Onion
- Mild Caribbean Jerk Seasoning
- Tomato Paste
- Chilli Flakes (Optional)
- Shredded Cabbage Mix
- Baby Leaves
- Mayonnaise
- Mini Flour Tortillas
- Beef Mince
- Shredded Cheddar Cheese

Prep in: 15-25 mins
Ready in: 15-25 mins

Get ready to taco your taste buds on a tropical getaway! These Caribbean-inspired tacos are bursting with smokey kidney beans, topped with a fiery-sweet charred pineapple chilli salsa that's a flavour vacation in every bite. Zesty, colourful, and totally irresistible—these tacos bring the sunshine to your plate!

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pineapple slices	1 tin	2 tins
red kidney beans	1 packet	2 packets
onion	½	1
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water*	⅓ cup	⅔ cup
chilli flakes (optional)	1 pinch	1 pinch
white wine vinegar*	drizzle	drizzle
shredded cabbage mix	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
mayonnaise	1 medium packet	1 large packet
mini flour tortillas	6	12

****Pantry Items***

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2966kJ (708Cal)	500kJ (119Cal)
Protein (g)	27.2g	4.6g
Fat, total (g)	23.9g	4g
- saturated (g)	6.3g	1.1g
Carbohydrate (g)	87.9g	14.8g
- sugars (g)	27.8g	4.7g
Sodium (mg)	1550mg	261mg
Dietary Fibre (g)	21.1g	3.6g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.
Visit **hellofresh.co.nz/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW07

1

Char the pineapple & get prepped

- Drain **pineapple slices** and roughly chop.
- Heat a large frying pan over high heat. Cook **pineapple**, tossing until lightly charred, **3-4 minutes**. Transfer to a medium bowl.
- Meanwhile, drain and rinse **red kidney beans**. Thinly slice **onion (see ingredients)**.

2

Cook the beans

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, until just tender, **2-3 minutes**.
- Add **beans**, **mild Caribbean jerk seasoning** and **tomato paste** and cook until fragrant, **1 minute**.
- Reduce heat to low then stir in the **water** and simmer until slightly thickened, **2 minutes**. Season to taste.

3

Make the salsa & assemble the slaw

- To the bowl with **pineapple**, add a pinch of **chilli flakes** (if using) and a drizzle of **white wine vinegar** and **olive oil**. Toss to combine and season.
- In a second medium bowl, combine **shredded cabbage mix**, **baby leaves** and **mayonnaise**. Season.
- Microwave **mini flour tortillas** on a microwave-safe plate in **10 second** bursts until warmed through.

4

Finish & serve

- Build tacos by filling with slaw, Caribbean kidney beans and charred pineapple chilli salsa. Divide tacos between plates to serve. Enjoy!

CUSTOM OPTIONS

ADD BEEF MINCE
Cook with onion, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

ADD SHREDDED CHEDDAR CHEESE
Sprinkle over before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.