



# Caribbean Kidney Bean & Coconut Soup

with Roasted Veggies

Grab your Meal Kit with this symbol



Kumara



Carrot



Capsicum



Garlic



Red Kidney Beans



Mild Caribbean Jerk Seasoning



Chopped Tomatoes



Coconut Milk



Vegetable Stock Powder



Baby Spinach Leaves



Spring Onion



Long Green Chilli (Optional)

Hands-on: **10-20 mins**  
 Ready in: **35-45 mins**  
 Spicy (optional long green chilli)

One good way to beat the chill? Channel the flavours of the Caribbean into a hearty soup with kidney beans and roasted kumara. Chilli, coconut and Caribbean spices bring a summery warmth that'll make you feel toasty inside.

### Pantry items

Olive Oil, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large saucepan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1	2
carrot	1	2
capsicum	1	2
garlic	2 cloves	4 cloves
red kidney beans	1 tin	2 tins
mild Caribbean jerk seasoning	1 sachet	1 sachet
chopped tomatoes	1 tin	2 tins
coconut milk	1 tin (400ml)	2 tins (800ml)
vegetable stock powder	1 large sachet	2 large sachets
baby spinach leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	drizzle	drizzle
spring onion	1 stem	2 stems
long green chilli (optional)	1	2

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3289kJ (786Cal)	344kJ (82Cal)
Protein (g)	21.4g	2.2g
Fat, total (g)	41.7g	4.4g
- saturated (g)	25g	2.6g
Carbohydrate (g)	63.7g	6.7g
- sugars (g)	33.2g	3.5g
Sodium (mg)	2233mg	234mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Cut **kumara, carrot** and **capsicum** into small chunks.
- Place **veggies** on a lined oven tray. Drizzle generously with **olive oil** and season with **salt** and **pepper**. Add a dash of **water** to the tray and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

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## Finish the soup

- Add **red kidney beans** to soup and bring to a simmer. Simmer until slightly thickened, **6-10 minutes**.
- Stir roasted **veggies** and **baby spinach leaves** through soup. Season, then add a drizzle of **white wine vinegar**.

**TIP:** Stir through a splash of water if you prefer a thinner soup.

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## Start the soup

- While the veggies are roasting, finely chop **garlic**. Drain and rinse **red kidney beans**.
- In a large saucepan, heat a drizzle of **olive oil** over a medium-high heat. Cook **garlic** and **mild Caribbean jerk seasoning**, stirring, until fragrant, **1-2 minutes**.
- Add **chopped tomatoes, coconut milk** and **vegetable stock powder**.

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## Serve up

- Thinly slice **spring onion** and **long green chilli** (if using).
- Divide Caribbean kidney bean and coconut soup between bowls.
- Garnish with spring onion and chilli to serve.

## Enjoy!