



Coconut Rice and Plantain Bowl

WITH BLACK BEANS AND CORN PICO DE GALLO

Meal Kit



Prep & Cook Time

35-45 MIN

Cook Within

7 DAYS

Difficulty Level

INTERMEDIATE

Spice Level

SPICY

You Will Need

Olive Oil, Salt, Pepper
Medium Pot, Large Non-Stick Pan, Mixing Bowl

Ingredients

- 5.6 fl. oz. Coconut Milk
- 1 Shallot
- 1 Jalapeño Pepper
- 5.47 oz. Long Grain White Rice
- 3 oz. Corn Kernels
- 8 oz. Sliced Plantains
- 15½ oz. Black Beans
- 1 Roma Tomato
- 1 Lime
- ¼ oz. Cilantro

Minimum Internal Protein Temperature

| | | | | |
|------|-------------|------|---------------|---------|
| 145° | Steak | Pork | Lamb | Seafood |
| 160° | Ground Beef | | Ground Pork | |
| 165° | Chicken | | Ground Turkey | |

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/24209

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Shake **coconut milk** well before opening can
- Ingredient(s) used more than once: **shallot, jalapeño**



1. Cook the Coconut Rice

- Separation is natural for coconut milk; add entire contents to pot.
- Bring a medium pot with **rice, coconut milk**, $\frac{2}{3}$ cup **water**, and $\frac{1}{2}$ tsp. **salt** to a boil over high heat.
- Once boiling, reduce heat to low. Cover, and cook until rice is tender, 15-18 minutes.
- Remove from burner and set aside covered. Some coconut fat may rise near the surface of rice; stir gently to reincorporate for creamy rice.
- While rice cooks, continue recipe.



2. Prepare the Ingredients

- Pat **plantains** dry, and slice into $\frac{1}{2}$ " fries.
- Drain **black beans**.
- Core **tomato** and cut into $\frac{1}{4}$ " dice.
- Halve **lime**. Cut one half into wedges and juice remaining half.
- Coarsely chop **cilantro** (no need to stem).
- Peel and mince **shallot**.
- Cut 4-6 thin rounds of **jalapeño** for garnish. Stem, seed, remove ribs, and mince remaining jalapeño. Retain seeds for more spice. Wash hands and cutting board after working with jalapeño.



3. Cook the Corn and Plantains

- Line a plate with a paper towel.
- Place a large non-stick pan over high heat. Add $\frac{1}{2}$ tsp. **olive oil**, **corn**, and a pinch of **salt** to hot pan. Stir occasionally until lightly browned, 2-3 minutes.
- Transfer corn to a mixing bowl. Wipe pan clean and return to medium heat.
- Add 1 tsp. olive oil and **plantains** to hot pan. Cook until golden brown, 2-3 minutes per side.
- Remove plantains to towel-lined plate. Wipe pan clean and reserve.



4. Cook the Black Beans

- Return pan used to cook plantains to medium-high heat.
- Add $\frac{1}{2}$ tsp. **olive oil** and half the **shallot** (reserve remaining for pico de gallo) to hot pan. Stir occasionally until tender, 1-2 minutes.
- Add **black beans**, $\frac{1}{4}$ cup **water**, and $\frac{1}{4}$ tsp. **salt**. Bring to a boil. Once boiling, cook until liquid is reduced by half, 2-4 minutes.
- Remove from burner.
- While beans cook, continue recipe.



5. Make Corn Pico de Gallo and Finish Dish

- To bowl with **corn**, add **tomato**, 2 tsp. **lime juice**, **minced jalapeño** (to taste), 1 Tbsp. reserved **shallot** (add remaining to taste), **cilantro**, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper**. Stir to combine.
- Plate dish as pictured on front of card, topping **rice** with **black beans**, **plantains**, and corn pico de gallo. Garnish with **jalapeño rounds** (to taste) and squeeze **lime wedges** over to taste. Bon appétit!