



Fast! Jerk Shrimp Rice Bowl

with Pineapple-Black Bean Salsa



ca. 20min



2 Servings

Buckle up your taste buds for a trip to the Caribbean with this fresh and flavorful rice bowl! We toss quick-cooking shrimp in our sweet and smoky jerk seasoning before browning them with sliced onions and pineapple juice. A zesty black bean and pineapple salsa complements the tender shrimp, resting over fluffy coconut rice.

What we send

- 5 oz basmati rice
- $\frac{3}{4}$ oz coconut milk powder^{7,15}
- 15 oz can black beans
- 4 oz pineapple cup
- 1 red onion
- 1 lime
- 10 oz pkg shrimp²
- $\frac{1}{4}$ oz jerk seasoning^{1,6}
- $\frac{1}{2}$ oz honey
- $\frac{1}{4}$ oz fresh cilantro

What you need

- sugar
- kosher salt & ground pepper
- neutral oil

Tools

- small saucepan
- fine-mesh sieve or colander
- medium skillet

Cooking tip

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Allergens

Wheat (1), Shellfish (2), Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 620kcal, Fat 11g, Carbs 98g, Protein 35g



1. Cook coconut rice

In a small saucepan, combine **rice**, **coconut milk powder**, **1 $\frac{1}{4}$ cups water**, **1 teaspoon sugar**, and **$\frac{1}{2}$ teaspoon salt**. Bring to a boil. Cover and cook over low heat until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



4. Make black bean salsa

Meanwhile, stir together **black beans**, **honey**, **pineapple chunks**, **remaining onions**, and **juice from 2 lime wedges** in a bowl. Season to taste with **salt** and **pepper**.

Add **pineapple juice** to skillet with **shrimp and onions** and cook, stirring, until almost fully reduced. Remove from heat and season to taste with **salt** and **pepper**.



2. Prep ingredients

Drain and rinse **half of the black beans** (save rest for own use). Drain **pineapple**, reserving **juice**. Halve and thinly slice **all of the onion**. Cut **lime** into 8 wedges.

Rinse **shrimp** and pat very dry. Season all over with **salt**, **pepper**, and **jerk seasoning**.



5. Finish

Fluff **rice** and divide between bowls. Add **jerk shrimp** and **black bean salsa**, garnish with **cilantro sprigs**, and serve with **lime wedges**.



3. SHRIMP VARIATION

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **half of the onions** and cook, stirring occasionally, until softened and starting to brown, 5-7 minutes. Add **shrimp** in an even layer; cook, without stirring, until just curled and pink, about 2 minutes. Stir and continue to cook until shrimp is cooked through and onions are browned in spots, 1 minute more.



6. Serve

Enjoy!