



## Fast! Jerk Beef 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 beef strips 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 beef, resting over fluffy coconut rice.



## What we send

- 5 oz basmati rice
- $\frac{3}{4}$  oz coconut milk powder<sup>7,15</sup>
- 15 oz can black beans
- 4 oz pineapple cup
- 1 red onion
- 1 lime
- 10 oz beef strips
- $\frac{1}{4}$  oz jerk seasoning<sup>1,6</sup>
- $\frac{1}{2}$  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), 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 680kcal, Fat 16g, Carbs 98g, Protein 34g



### 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

While **beef** is cooking, 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 **beef 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.

Pat **beef strips** dry and season all over with **salt**, **pepper**, and **jerk seasoning**.



### 5. Finish

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



### 3. BEEF 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, 3-5 minutes. Add **beef strips** in an even layer; cook, without stirring, until well browned on one side, about 3 minutes. Stir and continue to cook until beef is browned all over and onions are browned in spots, 2-3 minutes.



### 6. Serve

Enjoy!