



Jerk Shredded Beef, Black Beans & Rice

with Mango Salsa



30min



2 Servings

We take beans and rice to a new level in this hearty meal. The trick? We don't skimp on the spices! We use our lively jerk seasoning blend, which combines warming heat with dried herbs like thyme, to season protein-packed black beans along with green bell peppers, onions, and fresh oregano. Homemade fresh mango salsa with cilantro adds a sweet, cooling element to the saucy beans and jasmine rice. No boring bites here!

What we send

- 5 oz jasmine rice
- garlic
- 1 red onion
- 1 green bell pepper
- 1 orange
- ½ lb pkg ready to heat shredded beef ^{1,6}
- ¼ oz jerk seasoning ^{1,6}
- 15 oz can black beans
- ¼ oz fresh oregano
- 1 mango
- ¼ oz fresh cilantro

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- microplane or grater
- medium skillet

Allergens

Wheat (1), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 900kcal, Fat 14g, Carbs 160g, Protein 39g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



4. Cook beans

Add **beans and their liquid**, **orange juice**, and **a sprig of oregano** to skillet. Bring to a simmer, then reduce heat to medium-low. Simmer, stirring often to prevent beans from sticking, until thickened, about 10 minutes. Coarsely mash some of the beans with a spoon if a thicker texture is desired. Discard oregano sprig. Season to taste with **salt** and **pepper**.



2. Prep ingredients

Finely chop **2 teaspoons garlic**. Finely chop **onion**. Halve **pepper**, discard stem and seeds, then finely chop. Finely grate **all of the orange zest** into a medium bowl; stir in 2 tablespoons each of the onions and peppers and reserve for step 5. Squeeze **all of the orange juice** into a small bowl; set juice aside until step 4.



5. Make mango salsa

Meanwhile, cut skin from **mango**, then carefully cut fruit from pit. Discard pit and cut fruit into ½-inch pieces. Coarsely chop **cilantro leaves and stems**. To bowl with **reserved peppers, onions, and orange zest**, add mango and half of the chopped cilantro; stir to combine. Season to taste with **salt** and **pepper**.



3. Cook aromatics & beef

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **remaining onions and peppers** and **a pinch each of salt and pepper**. Cook, stirring, until onions are softened and lightly browned, about 5 minutes. Stir in **shredded beef**, **all of the jerk seasoning**, and **garlic**; cook, stirring, until fragrant, about 1 minute.



6. Serve

Fluff **rice** with a fork. Serve **rice** topped with **beef and black beans**. Garnish with **mango salsa** and **remaining cilantro**. Enjoy!