

MARLEY SPOON



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^{7,15}
- 15 oz can black beans
- 4 oz pineapple cup
- 1 red onion
- 1 lime
- 10 oz pkg beef strips
- $\frac{1}{4}$ 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), 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. Cook onions & beef

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 cooked through and onions are browned in spots, 2-3 minutes.



6. Serve

Enjoy!