



Vaca Frita: Cuban Crispy Shredded Beef

with Coconut Rice & Black Beans



30-40min



2 Servings

Vaca frita, meaning “fried cow”, is a classic Cuban dish and comfort food at its finest. We skip the frying and let shredded beef crisp up in an oiled skillet along with garlic and cumin. Sautéed onions and peppers nestle up to the crispy beef, while orange and lime add a citrusy pop. Beans and coconut milk powder combine with jasmine rice to make a creamy and hearty bed for the crispy vaca frita.

What we send

- 1 yellow onion
- 1 green bell pepper
- garlic
- 15 oz can black beans
- ¼ oz ground cumin
- 5 oz jasmine rice
- 2 (¾ oz) coconut milk powder ^{1,3}
- 1 orange
- 2 limes
- ½ lb pkg ready to heat shredded beef ^{2,4}

What you need

- olive oil
- kosher salt & ground pepper

Tools

- small saucepan
- microplane or grater
- medium nonstick skillet

Cooking tip

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Allergens

Milk (1), Soy (2), Tree Nuts (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1020kcal, Fat 43g, Carbs 125g, Protein 35g



1. Prep ingredients

Halve **onion** lengthwise. Finely chop half; thinly slice other half. Halve **pepper**; discard stem and seeds. Finely chop half; thinly slice other half. Finely chop **1 tablespoon garlic**. Drain and rinse **beans**.

In a small saucepan, heat **2 tablespoons oil** over medium-high. Add chopped onions, peppers, and **a pinch of salt**. Cook, stirring frequently, until softened, 3-4 minutes.



4. Cook beef

Squeeze **¼ cup orange juice** into skillet; cook until liquid has evaporated and **veggies** are soft, 1-2 minutes. Transfer to a plate; wipe out skillet.

Pat **beef** dry; break into bite-sized pieces. Heat **1 tablespoon oil** in same skillet over high until lightly smoking. Add beef and cook, stirring frequently, until dark golden brown and crusty, 2-4 minutes.



2. Cook rice & beans

To saucepan, add **half of the garlic** and **¼ teaspoon cumin**; cook until fragrant, 1 minute. Add **rice, coconut milk powder, half of the beans, 1¼ cups water**, and **1 teaspoon salt**. Stir to combine, then bring to a boil.

Cover and cook over low heat until rice is tender and liquid is absorbed, 17-20 minutes. Let rest, covered, for 10 minutes.



5. Finish beef

Push **beef** to edges of skillet; add **remaining garlic, 1 tablespoon oil**, and **1 teaspoon cumin** to center. Cook, stirring frequently, until fragrant, about 30 seconds. Off heat, stir in **veggies and juice and zest mixture**. Season to taste with **salt and pepper**.

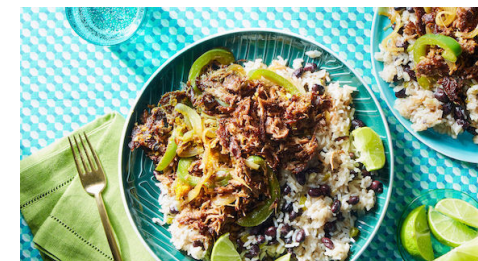
Cut **remaining lime** into wedges.



3. Cook onions & peppers

Meanwhile, in a small bowl, grate **1 teaspoon each of orange and lime zest**. Squeeze in **2 tablespoons orange juice** and **1 tablespoon lime juice**.

Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **sliced onions and peppers**; season with **salt and pepper**. Cook, stirring frequently, until onion is golden brown and charred in spots, 4-6 minutes.



6. Serve

Fluff **rice** with a fork.

Serve **crispy beef** with **rice, beans**, and **lime wedges**. Enjoy!