

# MARLEY SPOON



## Caribbean Jerk Steak

with Coconut Rice and Beans



20-30min



2 Portions

Allspice and chilli are crucial to anything 'jerked' and garam masala contains a fair amount of allspice. It's derived from the dried, unripe fruit of a tree native to parts of Central and South America. Pungent and fragrant, it permeates the steak, while the creaminess of coconut milk gives our veggie-laden rice accompaniment a rich, satisfying edge.



## What we send

- 17
- thyme
- 1 long green chilli
- 2 garlic cloves

## What you'll require

- olive oil
- sea salt and pepper
- water

## Utensils

- medium frypan
- small saucepan
- small saucepan with lid

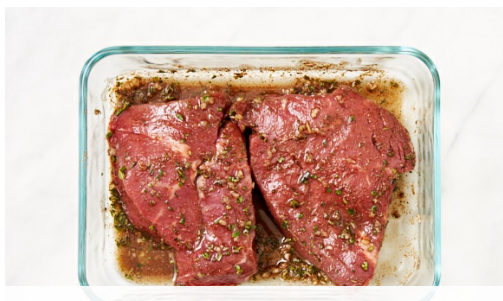
Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Sulphites (17). May contain traces of other allergens.

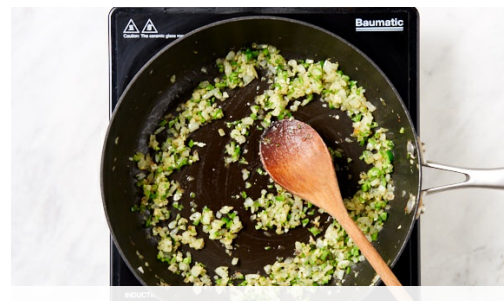
## Nutrition per serving

Energy 740kcal, Fat 22.3g, Carbs 81.5g, Proteins 45.8g



1. Marinate beef

**Read through the recipe.** Crush or finely chop **garlic**. Finely chop **thyme leaves**, discarding the stems. Put **half the garlic**, **1 tsp garam masala** (the remaining garam masala won't be used in this dish), **¾ of the thyme**, **2 tsp sugar** and **3 tsp cider vinegar** in a small dish. Season with **salt and pepper** and stir to combine. Add **steaks** and turn to coat.



2. Prepare ingredients

Rinse the **rice** until water runs clear. Finely chop **onion**. Chop the **chilli**, removing the seeds if less heat is desired (see cooking tip). Heat **2 tsp olive oil** in a small saucepan over medium-high heat. Cook onion, stirring occasionally, for 3-4 mins until softened. Add chilli, **remaining garlic and thyme** and cook, stirring, for 1 min or until golden.



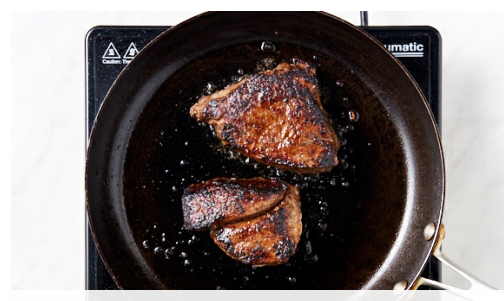
3. Cook rice

Add the **rice** and cook, stirring occasionally, for 1-2 mins until heated through. Add **80ml (⅓ cup) coconut cream** (the remaining coconut milk won't be used in this dish) and **200ml water**. Bring to a simmer, cover, reduce the heat to low and cook for 12 mins or until the liquid is absorbed. Turn off the heat and stand, covered for at least 5 mins.



4. Cook peas

Bring a small saucepan of salted water to the boil for the peas. Drain and rinse **half the kidney beans** (the remaining beans won't be used in this dish). Cook the **peas** in the boiling water for 3 mins or until tender. Drain.



5. Cook steak

Heat **2 tsp olive oil** in a medium frypan over high heat until hot (see cooking tip). Reduce the heat to medium-high and cook the steaks for 3-4 mins each side for medium-rare or until cooked to your liking. Transfer to a plate and rest for 4 mins.



6. Get ready to serve

Stir the **peas** and **kidney beans** through the **coconut rice**. Taste and season with **salt and pepper**. Thinly slice the **steak** and divide the **rice** and **steak** among plates to serve.