

MARLEY SPOON



Caribbean Jerk Steak

with Coconut Rice and Beans



20-30min



4 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
- 2 x 150g peas
- thyme
- 2 long green chillies
- 4 garlic cloves

What you'll require

- olive oil
- sea salt and pepper
- water

Utensils

- large frypan
- large saucepan with lid
- medium saucepan

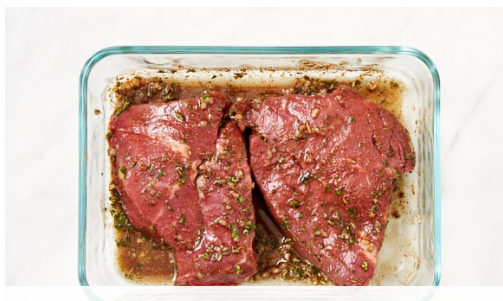
Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

Nutrition per serving

Energy 735kcal, Fat 21.8g, 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**, **2 tsp garam masala** (any remaining garam masala won't be used in this dish), **¾ of the thyme**, **1 tbs sugar** and **1½ tbs cider vinegar** in a 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 **1 tbs olive oil** in a medium 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 **160ml (⅔ cup) coconut milk** (the remaining coconut milk won't be used in this dish) and **400ml 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 medium saucepan of salted water to the boil for the peas. Drain and rinse the **kidney beans**. Cook the **peas** in the boiling water for 3 mins or until tender. Drain.



5. Cook steak

Heat **1 tbs olive oil** in a large 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.