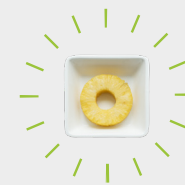




Cuban Beef & Rice Bowl

with Pineapple Mojo Salsa



Add pineapple juice to a salsa for sweetness



Basmati Rice



Garlic



Beef Strips



Creole Spice Blend



Pineapple Slices



Corn



Roma Tomato



Mint



Smokey Aioli

Hands-on: 15 mins
Ready in: 30 mins
Naturally gluten-free
Not suitable for Coeliacs

As we enter the cooler months we think it's important to bring some brightness to the dinner table. Enter a Cuban-inspired bowl! Fluffy rice, topped with the flavoursome spiced beef and a tropical mojo salsa. Who said the weather could get in the way of Havana good time!?

Pantry Staples: Olive Oil, White Wine Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium saucepan** with a **lid, sieve, garlic crusher, medium bowl, large bowl, tongs, large frying pan, plate** and **foil**.



1 COOK THE BASMATI RICE

In a medium saucepan, bring the **water** (see ingredients list) to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water is absorbed.

TIP: Don't lift the lid while the rice is resting so you don't lose any steam!



2 ADD FLAVOUR TO THE BEEF

While the rice is cooking, peel and crush the **garlic**. In a large bowl, combine the garlic, **beef strips** and **Creole spice blend** (see ingredients list). Drizzle with **olive oil**, season with a **pinch of pepper** and mix well. Set aside to marinate.



3 GET PREPPED

Reserve **2 tbs** of the **tinned pineapple juice** then drain and roughly chop the pineapple. Slice the kernels off the **corn** cob. Finely chop the **Roma tomato**. Finely chop the **mint**.



4 MAKE THE SALSA

Heat a large frying pan over a high heat. Once hot, add the chopped **pineapple** and cook for **4 minutes** or until charred. Transfer to a medium bowl. Return the pan to a high heat, add the **corn kernels** and cook for **4-5 minutes**, or until lightly browned.

TIP: Cover the pan with a lid if the kernels are jumping out. Add the charred corn, **Roma tomato**, and **mint** to the bowl with the **pineapple**. Add the **pineapple juice**, the **vinegar** and drizzle with **olive oil**. Season to taste with **salt** and **pepper** and mix well.



5 COOK THE BEEF

When the rice has **5 minutes** of cook time remaining, return the frying pan to a high heat with a **drizzle of olive oil**. Once hot, add **1/3** of the **beef strips** and cook for **1-2 minutes**, or until browned and cooked through. Transfer to a plate and repeat with the remaining beef strips. **TIP:** Cooking the beef in batches over a high heat allows it to brown and develop flavour instead of stewing in the pan.



6 SERVE UP

Divide the basmati rice and Cuban beef between bowls. Top with the pineapple Mojo salsa and a dollop of **smokey aioli**. Spoon over any resting juices from the beef.

TIP: For kids, follow our serving suggestion in the recipe photo!

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
water*	3 cups
basmati rice	2 packets
garlic	1 clove
beef strips	1 packet
Creole spice blend	1 ½ sachet
pineapple slices	1 tin (225 g)
corn	1
Roma tomato	2
mint	1 bunch
vinegar* (white wine or red wine)	2 tsp
smokey aioli	1 tub (75 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2770kJ (661Cal)	764kJ (182Cal)
Protein (g)	39.9g	11.0g
Fat, total (g)	21.4g	5.9g
- saturated (g)	4.3g	1.2g
Carbohydrate (g)	74.7g	20.6g
- sugars (g)	9.6g	2.7g
Sodium (g)	380mg	105mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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