



# Jerk-Spiced Beef Bowl

with Mango Salsa

**PRONTO** **SPICY** 30 Minutes



Beef Strips



Jerk Spice Blend



Basmati Rice



Mango



Cucumber



Cilantro



Lime



Shallot



Roma Tomato



Garlic



Green Onions

## HELLO JERK SPICE

*A warm blend made with allspice, cinnamon, nutmeg and thyme*

# Start Strong

Before starting, wash and dry all produce.

## Bust Out

Garlic Press, Medium Bowl, Measuring Cups, Measuring Spoons, Paper Towels, Zester, Medium Pot, Large Non-Stick Pan

## Ingredients

	2 Person	4 Person
Beef Strips	285 g	570 g
Jerk Spice Blend 🌶️	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cup
Mango	85 g	170 g
Cucumber	1	2
Cilantro	7 g	14 g
Lime	1	1
Shallot	50 g	100 g
Roma Tomato	80 g	160 g
Garlic	3 g	6 g
Green Onions	2	4
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



## 1. START RICE

Roughly chop **tomato**. Peel, then thinly slice **shallot**. Peel, then mince or grate **garlic**. Heat a medium pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **shallots, tomato** and **garlic**. Cook, stirring occasionally, until softened, 1-2 min. Add **rice** and **half the Jerk Spice Blend**. Cook, stirring often, until **rice** is coated, 1-2 min.



## 4. MAKE SALSA

Toss together **cilantro, mango, cucumber, lime zest, lime juice, 1 tbsp oil** and **1 tsp sugar** (dbl both for 4 ppl), in a medium bowl. Season with **salt and pepper**. Stir to combine. Set aside.



## 2. COOK RICE

Add **1 ¼ cups water** (dbl for 4 ppl) to the same pot. Bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



## 5. COOK BEEF

Pat **beef** dry with paper towels, then cut into 1-inch pieces. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **beef**. Sprinkle over **remaining Jerk Spice Blend**. Cook, until golden-brown, 2-3 min per side.\*\*



## 3. FINISH PREP

While **rice** cooks, thinly slice **green onions**. Roughly chop **cilantro**. Peel **mango**, then cut **mango** and **cucumber** into ¼-inch pieces. Zest, then juice **half the lime**. Cut **remaining lime** into wedges.



## 6. FINISH AND SERVE

Fluff **rice** with a fork, then stir in the **half the green onions** and season with **salt**. Divide **rice** between plates. Top with **Jerk-Spiced Beef** and **mango salsa**. Sprinkle over **remaining green onions**. Squeeze over a **lime wedge**, if desired.

# Dinner Solved!



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