



More than Food

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Serrano Steak

with Mango Slaw & Cilantro Rice

A mix of balsamic vinegar, garlic and serrano pepper makes for a sweet, spicy and tangy steak marinade. For a hit of brightness, we've paired juicy mango with red onion and lime for subtly sweet side slaw. Classic cilantro-lime rice is the perfect base to soak up all those flavours!



Prep
30 min



level 2



nut
free



dairy free



gluten
free



spicy



Flank Steak



Mango



Lime



Garlic



Basmati Rice



Red Onion



Balsamic Vinegar




Serrano Pepper



Cilantro

Ingredients

| | 2 People | 4 People |
|--|-------------|-----------|
| Flank Steak | 1 | 2 |
| Mango | 1 | 2 |
| Red Onion, thinly sliced | 1 pkg | 2 pkgs |
| Lime | 1 | 2 |
| Garlic | 2 cloves | 4 cloves |
| Basmati Rice | 1 pkg | 2 pkgs |
| Cilantro | 1 pkg | 2 pkgs |
| Serrano Pepper  | 1 | 2 |
| Balsamic Vinegar | 1) 1 bottle | 2 bottles |
| Olive or Canola Oil* | | |

*Not Included

Allergens

1) Sulphites/Sulfites

Tools

Small Pot, Zester, Medium Bowl, Shallow Dish, Large Pan

Nutrition per person Calories: 497 cal | Carbs: 87 g | Fat: 23 g | Protein: 44 g | Fiber: 5 g

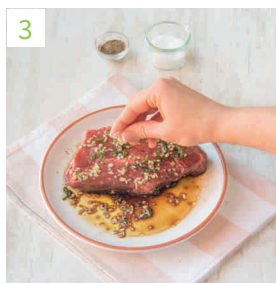
Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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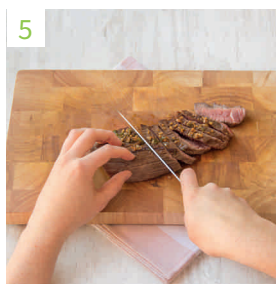
1 Prep: Wash and dry all produce. Dice three-quarters of the **sliced onions**. In a small pot, heat a drizzle of **oil** over medium heat. Add the **diced onion** and cook, tossing 2-3 minutes, until softened. Add the **rice** to the pot and toss to coat, then add **1½ cups water** (or **3 cups** for 4 people) and a large pinch of **salt** to the pot. Bring to a boil, cover and reduce to a simmer for 15 minutes, until rice is tender.



2 Meanwhile, cut a small piece off the larger end of the **mango**. Stand it on your cutting board. Avoiding the flat pit running down the centre of the mango, cut 'cheeks' off around the pit. Remove the meat with a spoon and cut into thin strips. Zest and juice the **lime**. Chop the **cilantro stems and leaves**, keeping both separate. Mince the **garlic**. Mince the **serrano pepper**, removing the ribs and seeds if you prefer less heat.



3 Make the marinade: In a shallow dish, combine a drizzle of **oil**, the **balsamic vinegar, garlic**, add as much **minced serrano pepper** (as you dare!), then season with **salt** and **pepper**. Add the **steak** to the dish and coat both sides in the **marinade**. (**TIP:** If you have extra time, let the steak marinate for longer - it will be even more flavourful!)



4 Make the mango slaw: Toss the **mango, cilantro stems, sliced red onion**, and **half the lime zest** in a medium bowl with the **lime juice**. Add a bit of **serrano pepper**, if desired.

5 Heat a large pan over medium-high heat. Add the **steak** and cook 4-5 minutes per side, until cooked to desired doneness. (**TIP:** Inserting a thermometer into a medium steak should display an internal temperature of 160°F.) Set aside to rest for 5 minutes, then thinly slice against the grain.

6 Plate: Stir the **cilantro leaves** and **remaining lime zest** into the **rice**. Plate the **cilantro rice**, then top with the **sliced steak** and **mango slaw**. Enjoy!