



# Caribbean Beef & Pineapple Salad Bowl

with Garlic Rice & Coconut Sweet Chilli Mayo

FEEL-GOOD TAKEAWAY

NEW

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Pineapple Slices



Tomato



Cucumber



Mint



Lime



Mild Caribbean Jerk Seasoning



Beef Strips



Coconut Sweet Chilli Mayonnaise



Beef Rump

Prep in: 15-25 mins  
Ready in: 30-40 mins

Forget braving the cold to pick up some takeaway - whip up this flavoursome and vibrant dish at home! Enjoy the impressive combination of juicy spiced beef strips, a colourful crunchy salad and fluffy basmati rice for an unforgettable flavour sensation.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
basmati rice	1 medium packet	1 large packet
<b>water*</b>	1½ cups	3 cups
pineapple slices	1 tin	2 tins
tomato	1	2
cucumber	1	2
mint	1 packet	1 packet
lime	½	1
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
beef strips	1 medium packet	2 medium packets OR 1 large packet
coconut sweet chilli mayonnaise	1 medium packet	1 large packet
beef rump**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3071kJ (734Cal)	659kJ (158Cal)
Protein (g)	36.2g	7.8g
Fat, total (g)	30g	6.4g
- saturated (g)	5.8g	1.2g
Carbohydrate (g)	78.7g	16.9g
- sugars (g)	15.5g	3.3g
Sodium (mg)	832mg	179mg
Dietary Fibre (g)	11.1g	2.4g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2951kJ (705Cal)	601kJ (144Cal)
Protein (g)	37.9g	7.7g
Fat, total (g)	26g	5.3g
- saturated (g)	3.8g	0.8g
Carbohydrate (g)	78.7g	16g
- sugars (g)	15.4g	3.1g
Sodium (mg)	843mg	172mg
Dietary Fibre (g)	11.1g	2.3g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## Cook the rice

- Finely chop **garlic**. In a medium saucepan, heat a drizzle of **olive oil** over medium heat.
- Cook **garlic** until fragrant, **1-2 minutes**. Add **basmati rice**, **water** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so, don't peek!

3



## Cook the beef

- When the rice has **5 minutes** remaining, wipe out frying pan then return to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips**, tossing, in batches until browned and cooked through, **1-2 minutes**.

**TIP:** Cooking the meat in batches over a high heat helps it stay tender.

**Custom Recipe:** Heat pan as above. When oil is hot, cook the beef, turning, for 4-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest. Slice beef to serve.

2



## Get prepped

- Meanwhile, drain **pineapple slices**. Roughly chop **tomato** and **cucumber**.
- Pick and thinly slice **mint leaves**. Zest then slice **lime** into wedges.
- In a large bowl, combine **mild Caribbean jerk seasoning** and a drizzle of **olive oil**. Add **beef strips**, toss to combine.
- Heat a large frying pan over high heat. Cook **pineapple slices** until lightly charred, **2-3 minutes** each side.
- Transfer **pineapple slices** to a chopping board and roughly chop.

**Custom Recipe:** If you've upgraded to beef rump, season beef with salt and pepper. Combine beef rump with seasoning as above, turning to coat.

4



## Serve up

- In a medium bowl, combine pineapple, cucumber, tomato, mint, lime zest, a good drizzle of lime juice and a drizzle of olive oil. Season with salt and pepper.
- Divide garlic rice between bowls. Top with Caribbean beef and pineapple salad.
- Serve with **coconut sweet chilli mayonnaise** and any remaining lime wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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