



# DOMINICAN-STYLE BISTEC ENCEBOLLADO

Steak with Rice & Beans plus a Tomato Salad

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Lime



1 | 2  
Onion



1 | 2  
Long Green  
Pepper



2 | 4  
Tomatoes



¼ oz | ½ oz  
Cilantro



10 oz | 20 oz  
Bavette Steak



1 tsp | 2 tsp  
Dried Oregano



1 tsp | 2 tsp  
Garlic Powder



5 tsp | 5 tsp  
White Wine  
Vinegar



½ Cup | 1 Cup  
Jasmine Rice



1 | 2  
Kidney Beans



2 | 4  
Chicken Stock  
Concentrates



1 TBSP | 2 TBSP  
Fry Seasoning



1 | 1  
Tomato Paste



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## HISPANIC HERITAGE MONTH

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PREP: 15 MIN | COOK: 40 MIN | CALORIES: 960





# HELLO FRESH

## HELLO

### BISTEC ENCEBOLLADO

Marinated steak and sliced onion sautéed until browned, tender, and bursting with flavor

### WAIT FOR IT...

Be sure to slice the onion thinly—that will help it caramelize to tender sweetness as it cooks. This process will take a bit of time, but your patience will be richly rewarded!

### BUST OUT

- Paper towels
- Plastic wrap
- Mallet
- Large bowl
- Small pot
- Strainer
- Medium bowl
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 TBSP | 2 TBSP)
- Olive oil (1 TBSP | 2 TBSP)
- Sugar (¼ tsp | ½ tsp)



### 1 PREP

- Wash and dry produce.
- Halve **lime**. Halve, peel, and thinly slice **onion**; mince a few slices until you have 2 TBSP (4 TBSP for 4 servings). Core and dice **green pepper** into ¼-inch pieces. Cut **tomatoes** into ½-inch wedges. Roughly chop **cilantro**.



### 2 MARINATE STEAK

- Pat **steak\*** dry with paper towels; place between two large pieces of plastic wrap. Pound with a mallet or rolling pin until steak is about ½ inch thick.
- In a large bowl, combine **oregano, garlic powder, 1 tsp vinegar, ½ tsp salt, a large drizzle of oil, juice from lime, and pepper (2 tsp vinegar and 1 tsp salt for 4 servings)**. Add steak and turn until completely coated. Cover with plastic wrap and set aside to marinate.



### 3 COOK RICE & BEANS

- Heat a **large drizzle of oil** in a small pot (use a medium pot for 4 servings) over medium-high heat. Add **rice, minced onion, green pepper, a big pinch of salt, and pepper**. Cook, stirring occasionally, until rice is toasted and onion is slightly tender, 3-4 minutes.
- Drain and rinse **beans**.
- Carefully add beans, **stock concentrates, Fry Seasoning, half the tomato paste (all for 4), and ¾ cup water (1½ cups for 4)** to pot. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.



### 4 MAKE SALAD

- Meanwhile, in a medium bowl, combine **tomatoes, cilantro, 1 TBSP olive oil, 1 tsp vinegar, and ¼ tsp sugar (2 TBSP olive oil, 2 tsp vinegar, and ½ tsp sugar for 4 servings)**. Taste and season with **salt and pepper**. Refrigerate until ready to serve.



### 5 COOK ONION

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **sliced onion** and a **big pinch of salt**; cook, stirring occasionally, until browned and slightly tender, 4-6 minutes. (TIP: If onion is browning too quickly, lower the heat and cover with a lid.) Turn off heat; transfer to a plate. Wash out pan.



### 6 COOK STEAK

- Heat another **drizzle of oil** in pan used for onion over medium-high heat. Add **steak**, reserving **marinade (let excess marinade drip back into bowl before adding steak to pan)**; cook to desired doneness, 3-5 minutes per side.
- In the last 1-2 minutes of cooking, add **cooked onion** and reserved marinade to pan. Cook until sauce thickens, 1-2 minutes. Remove from heat.



### 7 FINISH & SERVE

- Fluff **rice and beans** with a fork; taste and season with **salt and pepper** if desired.
- Divide rice and beans, **steak**, and **tomato salad** between plates. Top steak with **tangy onion sauce** and serve.

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\*Steak is fully cooked when internal temperature reaches 145°.