



Hawaiian Steak Rice Bowl

with Carrot Salad and Pineapple Salsa



HELLO PINEAPPLE

You cannot make jelly using fresh Pineapple. It contains an enzyme called Bromelian which breaks down the protein molecules.



Basmati Rice



Carrot



Salted Peanuts



Lime



Pineapple



Coriander



Red Onion



Beef Steak Strips



Soy Sauce

MEAL BAG

30 mins

1 of your 5 a day

Our sweet and savoury Hawaiian Rice Bowl delivers everything you need for a quick midweek dinner. Served with a zingy salsa and a crunchy salad, this 30 minute meal is nourishing and flavour-packed. A top tip from our chefs is not to overcrowd the pan when stir-frying your steak. Keep the oil nice and hot and cook the steak in batches to stop the meat from stewing.



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Saucepan** (with a **Lid**), **Coarse Grater**, **Fine Grater** and **Large Frying Pan**. Now, let's get cooking!



1 COOK THE RICE

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add a pinch of **salt**, stir in the **rice**, lower the heat and pop a lid on the pan. Cook for 10 mins, then remove from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



2 MAKE THE SALAD

Trim and grate the **carrot** (no need to peel). Roughly chop the **peanuts**. Zest and **half** the **lime**. Pop the **carrot** and **peanuts** into a bowl. Add the **juice** from **half** the **lime**, a pinch of **salt** and **pepper**. Add a pinch of **sugar** (if you have some). Mix to combine then set aside.



3 MAKE THE SALSA

Reserving the **juice**, drain the **pineapple** using a sieve. Chop the **pineapple** into 1cm dice. Roughly chop the **coriander** (stalks and all). Pop the **pineapple** into another small bowl, along with the remaining **lime juice**, **half** the **coriander** and a pinch of **salt** and **pepper**. Add the **oil** for the salsa (see ingredients for amount) and mix. Set to one side.



4 GET FRYING

Halve, peel and thinly slice the **onion**. Heat a drizzle of **oil** in a large frying pan over high heat. Once hot, add the **onion** and the **steak strips**. Season with a good pinch of **salt** and **pepper**. Stir-fry until browned all over, 4-5 mins. Transfer to a bowl and return the pan to the heat. **IMPORTANT:** The **steak strips** are cooked when they are no longer pink in the middle.



5 MAKE THE SAUCE

Pour the **soy sauce** and 3 tbsp of the **reserved pineapple juice** per person into the hot pan. Bring to the boil and reduce until thickened and glossy, 2-3 mins. Return the **steak** and **onion** to the pan and remove from the heat. Toss to coat the **steak strips** in the **sauce**.



6 FINISH UP

When you are ready to serve, fluff up the **rice** with a fork and **mix** through the **lime zest** and remaining **coriander**. Serve the **rice** in bowls with the **Hawaiian steak** on one side, the **carrot salad** on the other side and the **pineapple salsa** on top. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Carrot *	1	1½	2
Salted Peanuts 1)	1 small bag	1 medium bag	2 small bags
Lime *	1	1	2
Pineapple *	1 tin	1½ tins	2 tins
Coriander *	1 bunch	1 bunch	1 bunch
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Red Onion *	1	2	2
Beef Steak Strips *	260g	390g	520g
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 463G	PER 100G
Energy (kJ/kcal)	2952 / 706	638 / 153
Fat (g)	24	5
Sat. Fat (g)	7	2
Carbohydrate (g)	80	17
Sugars (g)	18	4
Protein (g)	41	9
Salt (g)	2.48	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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