



Cooking Made Easy

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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 flavors!

40 min

level 2

nut free

lactose 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 | 12 oz | 24 oz |
| Mango | 1 | 2 |
| Red Onion | 1 | 2 |
| Lime | 1 | 2 |
| Garlic | 2 cloves | 4 cloves |
| Basmati Rice | $\frac{3}{4}$ C | 1 $\frac{1}{2}$ C |
| Cilantro | 1 bunch | 2 bunches |
| Serrano Pepper | 1 | 2 |
| Balsamic Vinegar | 2 T | 4 T |
| Olive Oil* | 2 T | 4 T |

*Not Included

Allergens
(None)

Tools

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

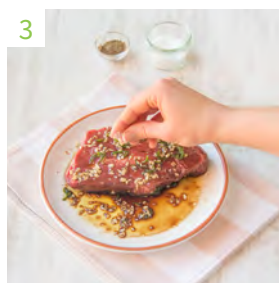
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Nutrition per person Calories: 497 cal | Carbs: 87 g | Fat: 23 g | Protein: 44 g | Fiber: 5 g



1 Halve, peel, and thinly slice **half the onion**. Dice the **remaining half onion**. In a small pot, heat $\frac{1}{2}$ tablespoon **olive 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 1 $\frac{1}{2}$ **cup water** 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, peel the **mango**, then slice the fruit around the flat pit. Cut mango pieces into thin matchsticks. 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 1 $\frac{1}{2}$ tablespoons **olive oil**, the **balsamic vinegar**, **garlic**, add **up to half the minced serrano pepper**, then season with **salt** and **pepper**. Add the **steak** to the dish and flip to coat in the **marinade**. Season with **salt** and **pepper**. **HINT:** If you have extra time, let the steak marinate for longer.



4 **Make the mango slaw:** toss the **mango**, **cilantro stems**, **sliced red onion** (to taste), and **half the lime zest** in a medium bowl with the **lime juice**. Add the **remaining serrano pepper**.

5 Heat a large pan over medium-high heat. Add the **steak** and cook 4-5 minutes per side, until cooked to desired doneness. Set aside to rest for 5 minutes, then thinly slice against the grain.

6 Stir the **cilantro leaves** and **remaining lime zest** into the **rice**.

7 Plate the **cilantro rice**, then top with the **sliced steak** and **mango slaw**. Enjoy!

