



MAY  
2016

## Serrano Steak

with Mango Slaw and Cilantro-Lime Rice

A mix of balsamic vinegar and serrano pepper creates 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. Cilantro-lime rice is the perfect base to soak up all those flavors!



Prep: 10 min  
Total: 30 min



level 1



nut free



dairy free



gluten free



Sirloin Steak



Mango



Lime



Basmati Rice



Cilantro



Red Onion




Serrano  
Pepper



Balsamic  
Vinegar

## Ingredients

	2 People	4 People
Sirloin Steak	12 oz	24 oz
Mango	1	2
Lime	1	2
Basmati Rice	½ Cup	1 Cup
Cilantro	¼ oz	½ oz
Red Onion	1	1
Serrano Pepper 	1	2
Balsamic Vinegar	2 T	4 T
Olive Oil*	1 T	2 T

\*Not Included

## Allergens

None

## Tools

Small pot, Peeler, Zester, Medium bowl, Shallow dish, Large pan

Ruler

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**Nutrition per person** Calories: 529 cal | Fat: 13 g | Sat. Fat: 4 g | Protein: 43 g | Carbs: 62 g | Sugar: 19 g | Sodium: 105 mg | Fiber: 5 g

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**1 Cook the rice:** Bring **1 cup water** and a large pinch of **salt** to a boil in a small pot. Once boiling, add the **rice**, cover, and simmer for 15 minutes.

**2 Prep the fruit and veggies:** **Wash and dry all produce.**

Meanwhile, peel the **mango**, then slice the fruit off the pit. Cut the mango pieces into thin matchsticks. Halve, peel, and thinly slice the **red onion**. Zest, then halve the **lime**. Mince the **serrano**, removing the ribs and seeds if you prefer less heat.

3



**3 Make the mango slaw:** In a medium bowl, toss together the **mango**, **half the red onion**, **half the lime zest**, and the **juice of the lime**. Add up to half the **Serrano** (to taste), then season with **salt** and **pepper**.

**4 Marinate the steak:** In a shallow dish, toss the **steak** with the **balsamic**, a large drizzle of **olive oil**, and the remaining **Serrano** (or less, to taste). Season with **salt** and **pepper**.

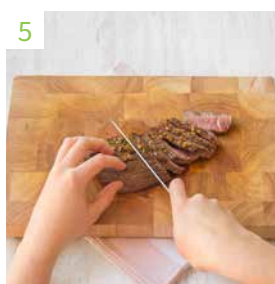
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**5 Cook the steak:** Heat a drizzle of **oil** in a large pan over medium-high heat. Add the **steak** and cook for 4-7 minutes per side, until cooked to desired doneness. Set aside to rest for 5 minutes before thinly slicing.

**6 Finish and serve:** Meanwhile, finely chop the **cilantro**. Stir the cilantro and remaining **lime zest** into the **rice**. Plate the **cilantro-lime rice**, then top with the sliced **serrano steak** and **mango slaw**. Enjoy!

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