



NUTRITION per serving 122g carbohydrates 33g fat 45g protein 1514mg sodium | gluten-free, dairy-free, soy-free, shellfish-free, nut-free



Calories
939



Prep & Cook Time
30-40 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

2 Green Onions
1 Zucchini
2 Flat Iron Steaks
¾ cup Jasmine Rice
5.6 fl. oz. Coconut Milk
3 fl. oz. Jerk Sauce

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
Medium Pot
Medium Non-Stick Pan

www.homechef.com/3422



HOME CHEF

Caribbean Jerk Steak
with roasted zucchini and coconut rice

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- Color changes in vacuum-packaged red meat from red to reddish-brown are normal, as a result of a naturally occurring chemical reaction called oxidation. Use your judgment! Please don't cook protein if you notice an odor, a glassy sheen, or unusual stickiness.
- **Heads Up!** **Green onions** are used twice. **White portions** are cooked with **rice** and **green portions** garnishes dish.

FROM THE CHEF

Ever wonder how chefs know when a steak is perfectly cooked just by poking it with a finger? Here's how it works: relax your hand, then lightly touch the tip of your index finger to the tip of your thumb. With your other hand, poke the fleshy part between the base of your thumb and your palm. That's what medium-rare steak feels like. For well-done, touch your thumb to your pinky.

Did you know...

Coconut milk is not really milk (no way to milk a nut!), nor is it the water found inside coconuts. Instead, coconut milk is grated coconut mixed with water and strained through a cheesecloth.



1

Prepare the Ingredients

Trim and thinly slice **green onions** on an angle, keeping white and green portions separate. Trim **zucchini** ends, halve lengthwise, and cut on an angle into ¼" slices. Rinse **steaks**, pat dry, and season both sides with ¼ tsp. **salt** and ¼ tsp. **pepper**.



4

Start the Steak

Heat a medium non-stick pan over medium-high heat. Add ½ tsp. **olive oil** and **steaks** to hot pan. Cook until well-browned and steaks reach a minimum internal temperature of 145 degrees, 4-5 minutes per side.



2

Cook the Rice

Bring a medium pot with **rice**, **coconut milk**, ¾ cup **water**, **white portions of green onions**, and ½ tsp. **salt** to a boil over high heat. Reduce heat to low, cover, and cook until rice is tender, 18-22 minutes. Let rest 5 minutes, fluff grains with a fork, and keep warm. *Some coconut fat may be left near surface of rice; stir gently to reincorporate for creamy rice.* While rice cooks, roast zucchini.



5

Finish the Steak

Add **jerk sauce** and 2 Tbsp. **water** to pan and flip **steaks** a couple times to coat with sauce, 30 seconds to 1 minute. *Incorporating a little water into sauce prevents it from reducing too quickly and burning.* Remove steaks and sauce from pan and let rest 5 minutes before serving.



3

Roast the Zucchini

Place **zucchini** on prepared baking sheet. Drizzle with 1 tsp. **olive oil**, and season with ½ tsp. **salt** and ¼ tsp. **pepper**. Toss to coat and spread into a single layer. Bake until very tender and slightly browned, 16-18 minutes. While zucchini cooks, sear steaks.



6

Plate the Dish

Place serving of **rice** and **zucchini** on a plate and garnish with **green portions of green onions**. Serve **steak** next to vegetables. Spoon **jerk sauce** over steak.