

## Caribbean Flank Steak With Coconut Rice

Treasure the tastes of the islands with coconut rice and Caribbean jerk seasoning paired with this tender grilled beef Flank Steak.

## **INGREDIENTS**

1 beef Flank Steak (about 1-1/2 pounds)

1 can (8 ounces) crushed pineapple

1/4 cup fresh lime juice

2 tablespoons finely chopped fresh cilantro

1 tablespoon Caribbean jerk seasoning

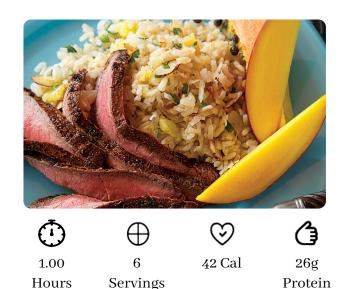
2 cups water

1 cup uncooked brown rice

3 tablespoons shredded coconut, toasted

2 tablespoons sliced almonds, toasted

1 tablespoon finely chopped fresh cilantro



## **COOKING**

1. Drain pineapple, reserving 1/4 cup juice for Marinade; discard excess juice. Reserve crushed pineapple for Coconut Rice.

- 2. Combine marinade ingredients and reserved pineapple juice in small bowl. Place beef Flank Steak and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
- 3. Prepare Coconut Rice. Combine water and rice in medium saucepan; bring to a boil. Reduce heat; cover and simmer 35 to 45 minutes or until rice is tender. Remove from heat. Stir in reserved pineapple, coconut, almonds and cilantro. Season with salt, as desired.
- 4. Meanwhile, remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 11 to 16 minutes (over medium heat on preheated gas grill, covered, 16 to 21 minutes) for medium rare  $(145^{\circ}F)$  to medium  $(160^{\circ}F)$  doneness, turning occasionally. Season with salt, as desired.
- 5. Carve steak across the grain into thin slices. Serve with rice.

## **NUTRITION**

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
6		9g	42mg		27g	26g	1	0

<sup>\*</sup>The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

 $Courtesy \ of \ BeefIts Whats For Dinner. com$