

## Caribbean Beef And Pineapple Adobo

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DIETARY: **Gluten Free** 

## MAKING THIS RECIPE

## Ingredients

300g diced beef 1 pineapple, diced 1 onion, thinly sliced 6 cloves garlic, thinly sliced 4 bay leaves 2 tsp Caribbean Adobo Spice Blend 1 tbsp oyster sauce

Method

Step 1:

Heat a dash of olive oil over a medium heat. Add the onions and cook for five minutes until translucent.

Step 2:

Add the garlic and cook for a further minute.

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1 tbsp dark soy sauce 1 tbsp apple cider vinegar ½ tsp salt 1/2 tsp pepper Dash of olive oil

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Step 3:

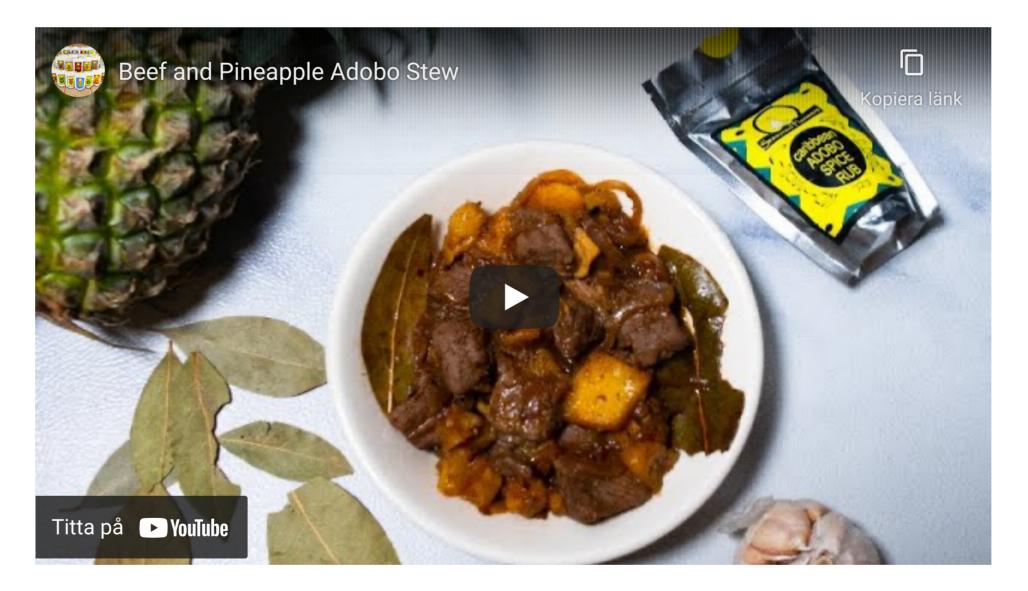
Add the bay leaves and Caribbean Adobo Spice Blend, and stir well. Cook for a further five minutes.

Step 4:

Add the beef and mix in, cooking for around four minutes.

Step 5:

Add the pineapple, salt, pepper, oyster sauce, soy sauce and apple cider vinegar and mix everything together. Cook just until the beef is cooked through (around four minutes).



Buy the ingredients for this recipe



