

Caribbean Beef And Pineapple Adobo



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

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.

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).

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