

Caribbean Beef And Pineapple Adobo

TIME	SERVES	CUISINE	SULTRY
30 MINUTES	2	CARIBBEAN	🔥🔥



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

PRINT THIS RECIPE 🖨

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).