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# FOOD

# Caribbean Coconut Flank Steak



Total Recipe Time is 45 to 60 minutes; marinade time is 6 hours or overnight. Makes 6 servings.

#### **Beef Flank Ingrediants**

- 1 beef flank steak (about 1-1/2 pounds)
- · 1 can (8 ounces) crushed pineapple

#### **Marinade Ingrediants**

- · 1/4 cup fresh lime juice
- · 2 tablespoons finely chopped fresh
- · 1 tablespoon Caribbean jerk seasoning

#### Coconut Rice Ingredients

- · 2 cups water
- · 1 cup uncooked brown rice
- · 3 tablespoons shredded coconut,
- · 2 tablespoons sliced almonds, toasted · 1 tablespoon finely chopped fresh cilantro

#### **Directions**

- 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 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 stirring occasionally

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, uncovered, 17 to 21 minutes (over medium heat on preheated gas grill, covered, 16 to 21 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Season with salt, as desired.
- 5. Carve steak across the grain into thin slices. Serve with rice.

Cook's Tips: To broil, place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 13 to 18 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. To toast coconut on the stovetop, heat large nonstick skillet over medium heat. Spread coconut in single layer; cook 4 to 5 minutes or until lightly brown, stirring occasionally. To toast almonds on the stovetop, heat large nonstick skillet over medium heat. Spread almonds in single layer; cook 5 to 7 minutes or until lightly brown,



### Ingredients

- · 1 cup sifted all-purpose flour
- 1/2 teaspoon baking powder 1/8 teaspoon baking soda
- 1/2 teaspoon salt
- · 1/2 cup chopped walnuts
- 1/3 cup butter
- · 1 cup packed brown sugar
- · 1 tablespoon vanilla extract · 2/3 cup semisweet chocolate chips

### **Directions**

1. Preheat oven to 350 degrees F (180 degrees

Blonde Brownies

- 2. Measure 1 cup sifted flour. Add baking powder, baking soda, and salt. Sift again. Add 1/2 cup chopped nuts. Mix well and set aside.
- 3. Melt 1/3 cup butter. Add 1 cup firmly packed brown sugar and mix well. If shortening is used, add 1 tablespoon hot water. Cool slightly.
- 4. Add egg (beaten) and vanilla. Blend well. Add flour mixture, a little at a time, mixing well.
- 5. Spread in 9 x 9 x 2 inch pan. Sprinkle 1/2 to 1 cup chocolate chips on top. Bake for 20 to 25

## Coconut-Lime Chicken with Grilled Pineapple

### Ingredients

- · 2 cups tequila
- 2 tablespoons lime juice
- · 1 tablespoon brown sugar
- · 1 teaspoon cayenne pepper
- · 6 (6 ounce) skinless, boneless chicken breast
- 1 (16 ounce) container sour cream
- 1/2 cup coconut milk
- 1/4 cup lime juice
- · 2 tablespoons chopped cilantro
- · 1 clove crushed garlic
- · 1 pinch salt and pepper to taste
- · 6 slices peeled, cored pineapple

### **Directions**

- 1. Whisk together the tequila, 2 tablespoons of lime juice, brown sugar, and cayenne pepper; pour into a resealable plastic bag. Add the chicken breasts, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 1 hour.
- 2. Meanwhile, make the sauce by whisking together the sour cream, coconut milk, and 1/4 cup of lime juice in a bowl. Add the cilantro and garlic, then season to taste with salt and pepper; set aside.
- 3. Preheat an outdoor grill for medium-high heat, and lightly oil grate. Remove the chicken from the marinade, and shake off excess. Discard the remaining marinade.
- 4. Cook the chicken and pineapple slices on the preheated grill until the chicken is no longer pink in the center, and the pineapple slices are nicely marked, about 6 minutes. Serve the chicken breasts topped with a slice of grilled pineapple, and a dollop of the sour cream sauce.









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