

Grilled Cuban Style Steak with Black Beans and Rice and Pineapple Salsa

Ingredients for pineapple salsa:

- ☞ 3 tbsp fresh cilantro, chopped
- ☞ 2 cups diced pineapple
- ☞ 1 roasted poblano pepper, diced or 1 jalapeño diced
- ☞ 1 tbsp honey
- ☞ 1 tbsp olive oil
- ☞ juice of 1/2 lime
- ☞ kosher salt and pepper

Ingredients for black beans and rice:

- ☞ 1 can black beans, drained and rinsed
- ☞ 1 1/2 cups white rice
- ☞ 1 sweet onion, finely diced
- ☞ 1 red bell pepper, diced
- ☞ 2 tbsp butter
- ☞ 3 cups chicken stock or broth

Ingredients for cuban style steak:

- ☞ 2 pounds flap steak
- ☞ 1/4 cup olive oil
- ☞ 8 cloves garlic, crushed and roughly chopped
- ☞ 1 tablespoon oregano
- ☞ 3 teaspoons cumin
- ☞ 2 tsp smoked paprika
- ☞ 1 tsp onion powder
- ☞ 1 dried bay leaves
- ☞ 2 fresh squeezed limes
- ☞ kosher salt and pepper
- ☞ 2 sweet onions, thinly sliced
- ☞ 1 cup green pitted olives
- ☞ 2 tablespoon butter
- ☞ 1 tsp cumin
- ☞ sliced avocado and cilantro, for garnish

Pineapple salsa:

In a bowl, combine all the pineapple ingredients and toss gently to combine. Set aside and adjust seasonings.

Black beans and rice:

Heat butter in a pot and melt on medium heat. Place onion and bell pepper and sauté for about 5 minutes. Add rice and continue to stir and coat. Turn flame to high and add black beans and broth. Bring to a boil, cover and reduce to simmer for 20 minutes until rice is cooked and water is absorbed.

Cuban style steak:

Season steak with all the dry spices on either side. In a large ziplock bag, combine the steak, olive oil, garlic, bay leaves and lime juice. Zip the bag and refrigerate for at least an hour and up to 24 hours. Heat your grill to about 375° and place the steak on for about 7 minutes a side for medium. Cover and let rest at least 10 minutes before serving. Be sure to cut the steak against the grain and thinly slice for the most tender steak. While steak is grilling, heat butter in a cast iron skillet and add the onions. Season with salt and pepper and a teaspoon or so of cumin. Cook, stirring often until softened and beginning to caramelize about 10 minutes. Stir in green olives and continue to caramelize onions for another 5 minutes on medium low.

To serve, divide the rice into bowls, place sliced meat on the other side. Place some salsa and onion mixture on the steak. Garnish with sliced avocado and cilantro. Enjoy!

