

Filipino Adobo Pepper Steak

with Okra and Carrots

Adobo is the national dish of the Philippines and means “marinade” in Tagalog, the Filipino language. Typically made by slowly braising chicken or pork in a vinegar, soy sauce, and garlic mixture, we switched things up by quickly stir-frying beef and vegetables. To amplify the sweet-and-sour flavor of the sauce, we used black vinegar, which is an aged Chinese vinegar with a hint of sweetness.



Ingredients

- 1 Cup Jasmine Rice
- 6 Cloves Garlic
- 2 Ounces Okra
- 1 Bunch Cilantro
- 1 Carrot
- 1-Inch Piece Ginger
- 1 Red Bell Pepper
- 1 Jalapeño Pepper
- 1 Yellow Onion
- 10 Ounces Flank Steak
- 2 Tablespoons Black Vinegar
- 1 Tablespoon Soy Sauce
- 2 Bay Leaves
- 1 Teaspoon Black Peppercorns

Makes 2 Servings

About 525 Calories Per Serving



Instructions



Cook the rice:

In a small pot, combine the **rice**, **2 cups of water**, and a **big pinch of salt**. Heat to a boiling on high. Cover, reduce the heat to low, and simmer 18 to 22 minutes, or until the liquid is absorbed. Fluff the finished rice with a fork.



Prepare the ingredients:

Wash and dry the fresh produce. Peel and mince the garlic and ginger. Cut the okra into bite-sized pieces. Roughly chop the cilantro. Peel and slice the carrot on an angle. Cut the bell pepper into strips. Slice the jalapeño into rounds. Peel and thinly slice the onion. Find the lines, or grain in the steak, and thinly slice the steak against the grain.



Cook the steak:

In a large pan, heat some oil on high until hot. Add the **sliced steak**; cook 2 to 4 minutes, or until browned, stirring occasionally. Transfer the stir-fried steak to a plate, leaving behind any juices in the pan.



Cook the vegetables:

In the pan used for the steak, heat a little more oil on medium-high until hot. Add the **garlic** and **ginger**; cook 30 seconds, or until fragrant, stirring frequently. Add the **okra**, **carrot**, **bell pepper**, **jalapeño**, and **onion**; cook 2 to 4 minutes, or until softened, stirring occasionally.



Make the sauce:

Add the **black peppercorns**, **bay leaves**, **black vinegar**, and **soy sauce**. Reduce the heat to low; simmer for 5 to 7 minutes, or until slightly reduced in volume, stirring occasionally. Add the **stir-fried steak** back to the pan; cook for about 1 minute, or until the sauce heated through and coated in the sauce, stirring frequently. Remove from heat.



Plate your dish:

Divide the rice between 2 dishes. Top the rice with the cooked steak mixture. Garnish with the **cilantro**. (Be careful not to bite down on the whole peppercorns when eating—they pack a punch!) Enjoy!