

Tex-Mex Beef Steak

with Beans, Corn and Green Chilli Sauce



20-30min



4 Portions

Tex-Mex is one of the world's great fusion cuisines, combining elements of Southwestern American with Mexican flavours. Beans, sweet potato, corn and spices are distinctive hallmarks of Tex-Mex and these robust ingredients go perfectly with beef steak. A drizzle of coriander and green-chilli salsa, spiked with a little vinegar, is the perfect, finishing touch.

What we send

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- boiling water
- extra virgin olive oil
- olive oil
- red wine vinegar ¹⁷
- sea salt and pepper
- water

Utensils

- large frypan
- medium deep frypan or saucepan with lid
- stick blender or food processor

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

It's important to have the pan very hot before adding the beef, otherwise, it may stew slightly and become tough.

Allergens

Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 620kcal, Fat 24.2g, Carbs 46.8g, Proteins 44.6g



1. Prepare ingredients

Read through the recipe. Finely chop the **onion**. Crush or finely chop the **garlic**. Peel and cut the **sweet potato** into 1cm chunks. Slice the **corn kernels** from the cobs. Rinse and drain the **kidney beans**. Crumble the **stock cubes** into a heatproof jug, add **400ml boiling water** and stir to dissolve.



4. Cook steaks

Meanwhile, combine the **remaining paprika** and **1 tbs olive oil** in a bowl and season with **salt and pepper**. Add the **steaks** and turn to coat. Heat a large frypan over high heat until hot (see cooking tip). Reduce heat to medium-high and cook the steaks for 3-4 mins each side for medium-rare or until cooked to your liking. Transfer to a plate and rest for 4 mins.



2. Cook aromatics

Heat **1 tbs olive oil** in a large saucepan over medium heat. Add the **onion**, season with **salt and pepper** and cook, stirring occasionally, for 3-4 mins until softened. Add **two-thirds of the garlic**, **1 tsp cumin-coriander blend**** and **1 tsp smoked paprika** and cook, stirring, for 1 min or until fragrant.



5. Make green chilli sauce

Coarsely chop the **coriander**, including stems. Thinly slice the **chilli**, discarding seeds and membrane if less heat is desired. Put coriander, **half the chilli**, **remaining garlic**, **2 tbs extra virgin olive oil**, **1 tbs water** and **3 tsp red wine vinegar** in a jug or bowl. Using a stick blender, blend until smooth. Taste, then season with **salt and pepper**.



3. Add vegetables

Add the **stock** to the onion mixture, bring to a simmer and cook for 2 mins. Add the **sweet potato** and cook for 4 mins. Add the **corn** and **beans** and cook for a further 3-4 mins until the sweet potato is tender. Remove from the heat, cover and keep warm.



6. Get ready to serve

Stir **2 tsp red wine vinegar** into the sweet potato and bean mixture. Taste, then season with **salt and pepper**. Slice the **steaks**. Divide the **steak** and **sweet potato mixture** among plates. Drizzle with the **green chilli sauce** and scatter over the **remaining chilli** to serve.