



LOUISIANA SPICED STEAK

with Sweetcorn Jumble



HELLO SWEETCORN

Sweetcorn gets its sweetness from a genetic defect which means the sugars don't all turn into starch.



Baby Plum Tomatoes



Red Onion



Louisiana Style Spice Mix



Coriander



Black Turtle Beans



Sweetcorn



Lime



Sour Cream



Rump Steak

MEAL BAG

Total: 20 mins

Rapid recipe

2 of your 5 a day

Medium Heat

Is there anything better than a perfectly cooked steak on the table in 20 minutes? We couldn't think of anything either. When cooking your steaks, avoid the temptation to turn them over before they've had the chance to colour nicely. Resting your steaks for 5 mins after cooking will allow the juices to spread evenly through the meat, giving it a richer and more succulent flavour. When you can get full on flavour in double quick time you know you're onto a winner.

GET **PREPARED!**

Wash the veggies.

BEFORE YOU START

🧼 Wash the veggies. 🍴 Make sure you've got two **Frying Pans**, **Sieve**, **Fine Grater** and a **Plate**. Let's start cooking the **Louisiana Spiced Steak with Sweetcorn Jumble**.



1 START THE JUMBLE

- Heat a splash of **oil** in a large frying pan over medium-high heat.
- Add the **tomatoes**. Cook, stirring occasionally, until softened slightly, 3 mins.
- Meanwhile, halve, peel and thinly slice the **onion**.
- Add to the pan along with **half** the **Louisiana spice mix** and cook, stirring occasionally, until softened, 5 mins.



2 PREP THE VEGGIES

- Roughly chop the **coriander**.
- Drain and rinse the **black beans** and **sweetcorn**. Keep to one side.
- Zest** and halve the **lime**.
- Mix **half** the **zest** with the **sour cream**.



3 MARINATE THE STEAK

- Pop the **steak** onto a plate. Season with a pinch of **salt** and the remaining **Louisiana style spice mix**.
- Add a splash of **oil** and rub the **seasonings** into the **meat**.
- Heat another frying pan on high heat (no oil!), we'll use this for the steak in a minute when it is very hot.



4 COOK THE JUMBLE

- Add the **beans** and **sweetcorn** to the pan with the **vegetables**.
- Lower the heat to medium and cook for another 5 mins. **★ TIP:** Add a splash of water if the mixture is too dry.



5 FRY THE STEAK

- Meanwhile, add the **steak** to your hot frying pan. Brown on each side for 1 minute.
- Lower the heat to medium and cook for another 1-2 mins on each side for medium rare. **★ TIP:** Cook for 2 mins longer on each side if you want your steak more well done.



6 FINISH AND SERVE

- When cooked, move the **steak** onto a board.
- Stir the remaining **lime zest**, **lime juice** and **coriander** into the **jumble**.
- Slice the **steak** and serve on top with a drizzle of the **zesty sour cream**.

2 PEOPLE INGREDIENTS

Baby Plum Tomatoes	1 punnet
Red Onion, sliced	1
Louisiana Style Spice Mix	1½ tsp
Coriander, chopped	1 small bunch
Black Turtle Beans	1 tin
Sweetcorn	1 tin
Lime	1
Sour Cream ⁷⁾	1 pot
Rump Steak	2

NUTRITION UNCOOKED INGREDIENT	PER SERVING 675G	PER 100G
Energy (kcal)	578	86
(kJ)	2433	360
Fat (g)	30	4
Sat. Fat (g)	14	2
Carbohydrate (g)	33	5
Sugars (g)	19	3
Protein (g)	40	6
Salt (g)	1.40	0.21

ALLERGENS

⁷⁾ Milk

Louisiana Style Spice Mix: Green cardamom, Cumin seed, Black peppercorns, Sea salt, Fennel, Cayenne, Pepper garlic, Coriander seed, Oregano, Thyme, Red chillies.

🧼 Wash your hands before and after handling. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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