



Fiesta Steak and Black Beans Platter

with Guacamole and DIY Pico De Gallo

High-Protein Power

Spicy

35 Minutes



Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Striploin Steak 370 g 740 g	Striploin Steak 740 g 1480 g	Tenderloin Steak 340 g 680 g
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Top Sirloin Steak
285 g | 570 g



Black Beans
½ | 1



Basmati Rice
¾ cup | 1 ½ cups



Corn Kernels
113 g | 227 g



Tomato
1 | 2



Jalapeño
1 | 2



Shallot
1 | 2



Cilantro
7 g | 14 g



Lime
1 | 2



Guacamole
3 tbsp | 6 tbsp



Tex-Mex Paste
2 tbsp | 4 tbsp



Feta Cheese, crumbled
¼ cup | ½ cup

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. *Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Butter, sugar, oil, salt, pepper

Cooking utensils | Aluminum foil, baking sheet, large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, parchment paper, silicone brush, small bowl, strainer, whisk, zester

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- To a medium pot, add **1 cup** (2 cups) **water** and **½ tsp** (¼ tsp) **salt**. Cover and bring to a boil over high heat.
- Using a strainer, rinse **rice** until water runs clear.
- To the boiling water, add **rice**, then reduce heat to low. Cover and cook for 12-15 min, until **rice** is tender and liquid is absorbed.
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, peel, then finely chop **shallot**.
- Core, then finely chop **jalapeño**, removing **seeds** for less heat. (**TIP:** We suggest using gloves when prepping jalapeños.)
- Cut **tomatoes** into ¼-inch pieces.
- Zest, then juice **lime**.
- Finely chop **cilantro**.
- Using a strainer, drain and rinse **half the beans** (use all for 4 servings).
- Pat **steaks** dry with paper towels, then season all over with **salt** and **pepper**.

3



Sear and roast steaks

- 🔄 Swap | **Striploin Steak**
- ✖2 Double | **Striploin Steak**
- 🔄 Swap | **Tenderloin Steak**
- Heat a large non-stick pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **steaks**. Cook 1-3 min per side, until browned.
- Remove from heat.
- Transfer **steaks** to a parchment-lined baking sheet.
- Using a silicone brush, brush **half the Tex-Mex paste** over the **steaks**.
- Roast in the **middle** of the oven 6-10 min, or until cooked to desired doneness.**
- When done, remove from heat and transfer to a plate.
- Loosely cover with foil and set aside to rest for 2-3 min.

4



Make corn-bean mixture

- Meanwhile, reheat the pan over medium-low.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **half the jalapeños** and **half the shallots**. Cook for 1-2 min, until fragrant.
- Add **corn, beans, remaining Tex-Mex paste** and **¼ cup** (½ cup) **water**. Cook for 5-6 min, until water evaporates and **mixture** is warmed through.
- Remove from heat.

5



Make pico de gallo

- Meanwhile, in a medium bowl, whisk together **½ tsp** (1 tsp) **sugar**, **½ tbsp** (1 tbsp) **lime juice** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**.
- Add **tomatoes, half the cilantro, remaining shallots** and **remaining jalapeños**. Toss to coat. Season with **salt** and **pepper**.

6



Finish and serve

- In a small bowl, combine **guacamole**, **½ tbsp** (1 tbsp) **lime juice** and **½ tsp** (1 tsp) **lime zest**.
- Thinly slice **steaks**.
- Fluff **rice** with a fork, then stir in **remaining cilantro**, **½ tsp** (1 tsp) **lime zest** and **1 tbsp** (2 tbsp) **butter**.
- Divide **rice** between plates. Top with **steak, pico de gallo** and **corn-bean mixture** in sections.
- Dollop **guacamole** and sprinkle **feta** over top.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Sear and roast steaks

🔄 Swap | **Striploin Steak**

If you've opted for **striploin steak**, prep and cook in the same way the recipe instructs you to prep and cook **sirloin steak**.

3 | Sear and roast steaks

✖2 Double | **Striploin Steak**

If you've opted for **double striploin steak**, cook in the same way the recipe instructs you to cook **sirloin steak**. Don't crowd the pan; work in batches if needed.

3 | Sear and roast steaks

🔄 Swap | **Tenderloin Steak**

If you've opted for **tenderloin steak**, cook in the same way the recipe instructs you to cook the **sirloin steak**.

** Cook to beef to a minimum internal temperature of 145°F for medium-rare; steak size will affect doneness.