

MARLEY SPOON



Tex-Mex Glazed Sweet Potato Steaks

with Beans, Brown Rice & Zesty Radishes



30-40min



2 Servings

This vegetarian dish is full of color and flavor, perfect for nights when you need a nutrient injection fast! Tender sweet potato steaks are glazed in a zesty spice blend and served with tender brown rice and black beans. The real kicker in this dish is the lime-dressed radishes that add bite and color.

What we send

- 5 oz brown rice
- 2 sweet potatoes
- 15 oz can black beans
- garlic
- 1 bell pepper
- ¼ oz fresh cilantro
- 1 bag radishes
- 1 lime
- ¼ oz Tex-Mex spice blend
- 2 (1 oz) sour cream ⁷

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- medium saucepan
- medium skillet
- rimmed baking sheet

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

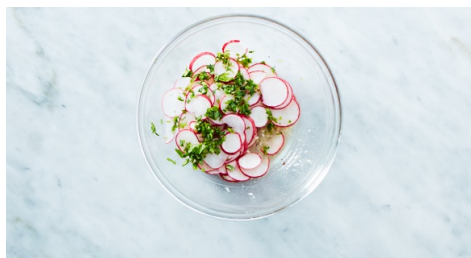
Calories 1080kcal, Fat 49g, Carbs 143g, Protein 20g



1. Cook rice

Preheat oven to 450°F with racks in the upper and lower thirds.

Bring a medium saucepan of **salted water** to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, about 35–40 minutes. Drain in a fine-mesh sieve. Return to saucepan, off heat, and cover to keep warm.



4. Make radish salad

Meanwhile, finely chop **cilantro leaves and stems**. Trim ends from **radishes** and thinly slice.

Juice **lime** into a medium bowl. Add **remaining chopped garlic** and **¼ teaspoon of each sugar, salt, and pepper**. Whisk in **1 tablespoon oil**. Add radishes and half of the cilantro. Gently toss to combine.



2. Roast sweet potatoes

Cut a thin slice off 1 side of each **sweet potato** to create a flat side to stabilize. Cut lengthwise into ½-inch steaks. Place on a rimmed baking sheet; rub with **1 tablespoon oil** and **¼ teaspoon each salt and pepper**.

Roast on lower oven rack, 15 minutes. Flip and roast until tender and browned in spots, 10 minutes more.



5. Glaze sweet potatoes

Remove **sweet potatoes** from oven. Switch oven to broil.

In a small bowl, whisk **Tex-Mex spice** with **2 tablespoons oil**. Brush over sweet potatoes. Broil on upper oven rack until browned and bubbling, 2–3 minutes (watch closely as broilers vary). Remove from oven and cover to keep warm.



3. Prep ingredients

Meanwhile, drain **beans**. Finely chop **1 teaspoon garlic**. Halve **pepper**, discard stem and seeds, then cut into ¼-inch pieces.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **peppers** and **half of the chopped garlic**. Cook until softened, 3 minutes. Add **beans** and stir to combine. Remove from heat and set aside, covered, until step 6.



6. Prep sour cream & serve

In a second small bowl, whisk **sour cream** with **2 teaspoons oil**. Season to taste with **salt and pepper**.

To saucepan with rice, add **bean mixture**. Season to taste with **salt and pepper**. Divide **rice and beans** between plates and top with **sweet potato steaks, sour cream, and remaining cilantro**. Serve with **radish salad**. Enjoy!