



Southwestern Beef Tenderloin Salad

with Charred Jalapeño-Lime Dressing



20-30min



2 Servings

Who doesn't love a dish with some Southwestern flair? Beef tenderloin gets a chorizo chili spice rub for a touch of smoky heat, while grilled corn adds a refreshing crunch. A creamy homemade dressing with lime juice and charred jalapeño brings a tangy kick to this bright and hearty salad.

What we send

- 1 ear of corn
- 1 jalapeño chile
- ¼ oz chorizo chili spice blend
- 1 romaine heart
- 1 plum tomato
- ¼ oz fresh cilantro
- 1 lime
- 2 (1 oz) sour cream ⁷
- 10 oz pkg beef tenderloin

What you need

- neutral oil
- kosher salt & ground pepper
- sugar

Tools

- grill or grill pan

Cooking tip

No grill? Preheat broiler with rack in top position. Broil corn and jalapeño on baking sheet until lightly charred and tender, turning once, about 5 minutes.

Allergens

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

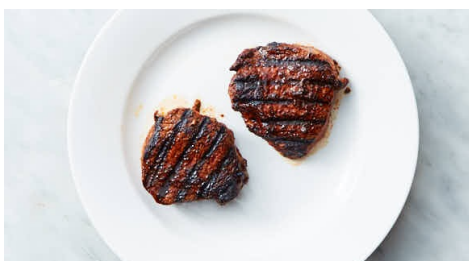
Nutrition per serving

Calories 600kcal, Fat 41g, Carbs 25g, Protein 35g



1. Prep ingredients

Preheat a grill or grill pan to high. Shuck **corn**, removing any strings. Rub corn and **jalapeño** with **oil** all over and sprinkle with **salt** and **pepper**. Pat **steaks** dry, then rub with **oil**, **1 tablespoon chorizo chili powder**, **½ teaspoon salt**, and **a few grinds of pepper**.



4. Cook steaks

Add **steaks** to grill or grill pan. Heat **1 tablespoon oil** in a medium skillet over medium-high, if using. Cook over medium-high heat until lightly charred and medium-rare, about 3–4 minutes per side (or longer for thicker steaks). Transfer to a cutting board to rest.



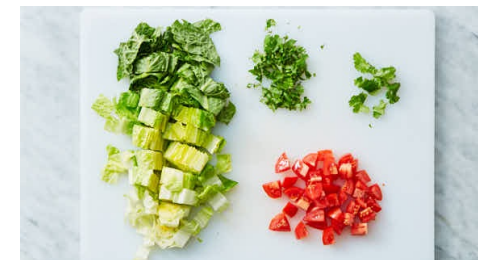
2. Grill corn & jalapeño

Add **corn** and **jalapeño** to grill or grill pan. Grill over high heat until corn is lightly charred all over, and jalapeño is charred and softened, turning occasionally, about 10 minutes. Remove from grill and set aside to cool. When corn is cool enough to handle, cut **corn kernels** from cob.



5. Make dressing

Squeeze **1 tablespoon lime juice** into a large bowl; cut any remaining lime into wedges. Finely chop **grilled jalapeño**. Taste jalapeño for heat level, then add 1–2 tablespoons (or more depending on heat preference) to lime juice. Whisk in **sour cream**, **2 tablespoons oil**, **1 tablespoon water**, and **½ teaspoon sugar**. Season to taste with **salt** and **pepper**.



3. Prep salad

Meanwhile, halve **romaine** lengthwise, then cut crosswise into 1-inch pieces, discarding ends. Cut **tomato** into ½-inch pieces. Reserve **a few whole cilantro leaves** for serving, then roughly chop remaining leaves and tender stems together.



6. Dress salad & serve

Add **romaine**, **corn kernels**, **tomatoes**, and **chopped cilantro** to bowl with **dressing**. Toss to coat; season to taste with **salt** and **pepper**. Thinly slice **steaks**, if desired. Serve **salad** topped with **steak**, **reserved cilantro leaves** and, if desired, **any remaining jalapeño**, and **a squeeze of lime**. Enjoy!