

# MARLEY SPOON



## Mojo Coulotte Steak

with Black Beans & Spanish Rice



30-40min



2 Servings

Mojo sauce, a Cuban classic, is full of vibrant citrus flavor, courtesy of freshly squeezed orange and lime juices. We use the zippy mojo as a marinade for coulotte steak, then turn it into an ultra flavorful pan sauce. It's sure to put some pep in your step, especially when served with hearty rice and black beans.



## What we send

- 5 oz quick-cooking brown rice
- 1 orange
- 1 lime
- garlic
- ¼ oz fresh cilantro
- ¼ oz ground cumin
- 10 oz pkg coulotte steak
- 15 oz can black beans
- 2 plum tomatoes

## What you need

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar)

## Tools

- medium saucepan
- box grater or microplane
- medium ovenproof skillet

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 1080kcal, Fat 61g, Carbs 87g, Protein 47g



### 1. Boil rice

Preheat oven to 450°F with a rack in the upper third.

Bring a medium saucepan of **salted water** to a boil. Add **¾ cup rice** (save rest for own use). Boil (like pasta), stirring occasionally, until just tender, 22 minutes. Drain in a fine-mesh sieve. Transfer to a bowl and cover to keep warm. Reserve saucepan for step 5.



### 4. Cook steak

Pat **steak** dry, reserving **marinade** in bowl.

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Cook steak until browned, 2-3 minutes per side. Off heat, pour in **reserved marinade** and **2 tablespoons water**. Loosely cover with foil; roast on top oven rack until steak is medium-rare, about 10 minutes.



### 2. Prep ingredients

Meanwhile, finely grate **1 teaspoon orange zest** and squeeze **⅓ cup juice** into a small bowl.

Finely grate **1 teaspoon lime zest** and squeeze **1 tablespoon juice** into a second small bowl. Cut any remaining lime into wedges.

Finely chop **2 teaspoons garlic**. Finely chop **cilantro leaves and stems**.



### 5. Cook beans

Drain and rinse **beans**. Cut **tomatoes** into ¼-inch pieces.

Heat **1 tablespoon oil** in reserved saucepan. Add **tomatoes** and **remaining chopped garlic**; season to taste with **salt** and **pepper**. Cook, stirring, until tomatoes break down into a chunky sauce, 2-3 minutes. Stir in **beans, rice**, and **1 tablespoon oil**; cook until warmed through, 1-2 minutes.



### 3. Marinate steak

In a medium bowl, stir to combine **cilantro, lime zest and juice, orange zest, 3 tablespoons of the orange juice, 2 teaspoons cumin, 1 teaspoon chopped garlic, ¼ cup oil**, and **1 tablespoon vinegar**. Season with **salt** and **pepper**.

Pierce **steak** all over with a fork, then add to bowl, turning to coat. Let marinate for 5 minutes.



### 6. Make pan sauce & serve

Remove **steak** from skillet and thinly slice. Stir **remaining orange juice** into skillet, scraping up any browned bits from the bottom.

Serve **steak** with **pan sauce** spooned over top and with **rice and beans** and **lime wedges** alongside. Enjoy!