

MARLEY SPOON



Chili-Rubbed Steak

with Cilantro Rice & Marinated Squash



20-30min



2 Servings

We gave a burrito bowl a serious makeover! A tasty rub of our own taco seasoning, sugar, salt, and pepper gives tender steak a big time flavor bump. Seared squash and thinly sliced jalapeño soak up a zesty garlic-lime dressing. Finely chopped cilantro leaves and stems folded into fluffy basmati rice make for a flavorful and fragrant side.

What we send

- 5 oz basmati rice
- ¼ oz fresh cilantro
- 2 yellow squash
- 1 jalapeño chile
- garlic
- 2 limes
- ¼ oz taco seasoning
- 10 oz pkg beef tenderloin

What you need

- kosher salt & ground pepper
- olive oil
- sugar

Tools

- small saucepan
- large skillet

Allergens

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

Nutrition per serving

Calories 760kcal, Fat 35g, Carbs 69g, Protein 41g



1. Cook rice

In small saucepan, combine **rice, 1¼ cups water**, and **½ teaspoon salt**, bring to a boil. Cover, reduce heat to low, and cook until rice is tender and water is absorbed, about 17 minutes.

Meanwhile, finely chop **cilantro leaves and stems**. Fluff cooked rice with fork and stir in cilantro. Keep covered off heat until ready to serve.



2. Prep ingredients

Trim ends from **squash**, halve lengthwise, and slice into ¼-inch half-moons. Remove stem and seeds from **jalapeño**, then halve and thinly slice crosswise (about 3 tablespoons). Finely chop **1 teaspoon garlic**.

Into a medium bowl, finely grate **¼ teaspoon lime zest** and squeeze **2 tablespoons juice**.



3. Cook veg & prep dressing

Heat **1 tablespoon oil** in a large skillet over medium-high. Add **squash and jalapeño** (use less depending on heat preference). Cook, stirring occasionally, until tender and starting to brown, about 6 minutes.

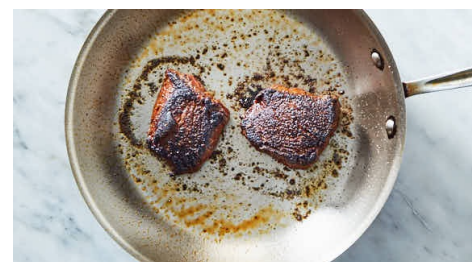
Meanwhile, to bowl with **lime zest and juice**, add **chopped garlic, 2 tablespoons oil, ¼ teaspoon salt**, and **a few grinds of pepper**.



4. Dress squash & jalapeño

Transfer **squash mixture** to bowl with **garlic-lime dressing**, tossing gently to coat.

Wipe out skillet.



5. Cook steaks

In a small bowl, combine **taco seasoning** and **¼ teaspoon each of sugar, salt, and pepper**. Pat **steaks** dry and season all over with taco-rub, pressing gently with hands to help adhere.

Heat **1 tablespoon oil** in same skillet over medium-high. Add steaks and cook until browned and medium-rare, 3-4 minutes per side (or longer for desired doneness).



6. Finish & serve

Transfer **steaks** to cutting board and rest for 5 minutes. Thinly slice, then transfer to plates along with **cilantro rice**. Using a slotted spoon, transfer **squash** to plates.

Serve **steak** with **some of the garlic-lime dressing** spooned over top, along with **any steak resting juices**. Pass **any remaining dressing** at the table. Enjoy!