

MARLEY SPOON



Cajun-Butter Steak & Corn Salsa

with Roasted Sweet Potatoes & Green Beans



30-40min



2 Servings

Perfectly roasted sweet potato wedges and green beans accompany our newest obsession: Cajun-butter steak. To tie it all together, corn salsa with roasted red peppers, freshly sliced scallions, and bright and tangy lime juice. Spoon it over the steak, the potatoes, the green beans—there's nothing this salsa can't make more delicious.

What we send

- 1 sweet potato
- ½ lb green beans
- 2 scallions
- 1 lime
- 2 oz roasted red peppers
- 10 oz pkg beef tenderloin
- ¼ oz Cajun seasoning
- 2½ oz corn

What you need

- olive oil
- kosher salt & ground pepper
- sugar
- neutral oil
- butter ¹

Tools

- rimmed baking sheet
- medium heavy skillet (preferably cast-iron)

Allergens

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 560kcal, Fat 32g, Carbs 47g, Protein 27g



1. Roast sweet potatoes

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

Scrub **sweet potato**, then cut into 1-inch thick wedges. Toss on a rimmed baking sheet with **a generous drizzle of olive oil**; season with **salt** and **pepper**. Roast on lower oven rack until browned on the bottom, 15 minutes (watch closely as ovens vary).



4. Make corn salsa

Heat **2 teaspoons neutral oil** in a medium heavy skillet (preferably cast-iron) over medium-high. Add **corn** and **scallion whites and light greens**; cook, without stirring, until corn is browned on the bottom, 2-3 minutes. Stir and cook until corn is golden and charred in spots, 1-2 minutes more. Transfer to bowl with **peppers and scallions** and toss to coat; wipe out skillet.



2. Add green beans

Trim stem ends from **green beans**. Toss in a medium bowl with **a drizzle of olive oil**; season with **salt** and **pepper**.

When **sweet potatoes** have roasted 15 minutes, carefully flip potatoes. Scatter green beans over top. Continue roasting on lower oven rack until veggies are browned and tender, 10-15 minutes.



5. Cook steaks

Pat **steaks** dry and season all over with **Cajun seasoning** and **a pinch each of salt and pepper**.

Heat **2 teaspoons neutral oil** in same skillet over medium-high. Add steaks; cook until browned and medium-rare, 3-4 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest.

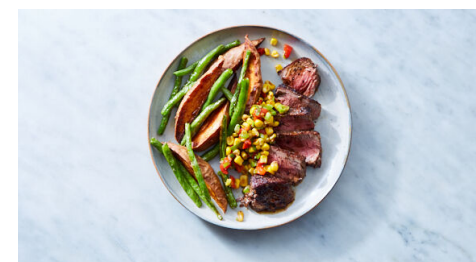


3. Prep scallions & salsa

Thinly slice **scallions**, keeping dark greens separate. Finely chop **roasted red peppers**, if necessary.

Into a small bowl, squeeze **1 tablespoon lime juice**; reserve for step 6.




In a separate medium bowl, stir to combine **2 teaspoons lime juice**, **red peppers**, **scallion dark greens**, **2 teaspoons olive oil**, and **a pinch of sugar**. Season to taste with **salt** and **pepper**.



6. Finish & serve

To same skillet, add **2 tablespoons each of butter and water**; bring to a simmer over medium-low heat, scraping up any browned bits from the bottom. Off heat, stir in **reserved lime juice**. Add **steaks** and toss to coat.

Serve **Cajun-butter steak** with **corn salsa** spooned over top and with **sweet potatoes and green beans** alongside.

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)
View the recipe online by visiting your account at marleyspoon.com    **#marleyspoon**