

Steak with Jalapeno-Lime-Butter

This dinner pairs tender, juicy steak with toasted cornbread and seared peppers, onions and tomatoes but the true magic comes from our jalapeno-lime butter, which adds a savory zing we just love.

30 Minutes to the Table

30 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Small Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Jalapeno-Lime-Butter
Cornbread
Steak
Tomatoes
Peppers & Onions
Lime

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the cornbread, reducing the **carbs per serving to 23g**. Instead of cooking the cornbread in step 2, add 1½ Tbsp olive oil to a large skillet over medium high heat. When the oil is hot, add the cauliflower with a pinch of salt and pepper. Cook undisturbed, until it browns about 4 to 5 minutes. Continue to stir and cook until the other sides are brown, about an additional 5 to 7 minutes.

Good to Know

Health snapshot per serving – 660 Calories, 38g Protein, 34g Fat, 53g Carbs, Freestyle Points 19

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Steak, Cornbread, Grape Tomatoes, Red Bell Pepper, Poblano Pepper, Butter, Red Onion, Yellow Onion, Jalapeño, Cilantro, Lime.

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1. **Melt the Jalapeño-Lime-Butter**

Melt the **Jalapeño-Lime-Butter** in a small saucepan over medium low heat. Turn off the heat but leave the saucepan on the burner.

2. **Toast the Cornbread**

Cut the **Cornbread** into 1-inch cubes. Heat 1½ Tbsp olive oil in a large skillet over medium heat. Add the cornbread cubes to the skillet and stir gently to coat. Cook undisturbed until the bottoms turn golden brown, about 2 to 3 minutes. Gently stir the cornbread again and cook until another side turns golden brown, an additional 2 to 3 minutes. Remove the cornbread from the skillet and transfer directly to serving plates. Drizzle with half the melted Jalapeño-Lime-Butter. Wipe out the skillet.

3. **Cook the Steak**

Return the now-empty skillet to the stove over high heat and add 1 Tbsp of olive oil. When the oil is very hot, add the **Steaks** with a sprinkle of salt and pepper. Cook until the bottoms brown and the sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). When the steaks are done, set aside and allow to rest for 5 minutes. Wipe out the skillet. Once the steak has rested, slice into strips about ½ inch wide.

4. **Sear the Peppers & Onions and Tomatoes**

While the steaks are resting, place the **Tomatoes** in a ziplock bag and squish. Add 1 Tbsp olive oil to the now-empty skillet over medium high heat. When the oil is hot, add the **Peppers & Onions** with a pinch of salt and pepper and cook undisturbed until they char, about 3 minutes. Stir in the squished tomatoes and cook an additional 3 minutes.

5. **Put It All Together**

Serve the veggies over the cornbread and top with the sliced steak. Drizzle the remaining Jalapeño-Lime-Butter over everything. Slice the **Lime** in half and squeeze over the entire dish. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois