



### Product Spotlight: Sweet Corn

Corn is a special food, falling into not just one food category but two. The kernels are classified as a vegetable, but if you dry and pop them to make popcorn, they are considered a grain!



## Smoky Steaks

### with Street Corn Lettuce Cups

A fresh and vibrant dish of crisp lettuce cups filled with lime dressed corn and rice, served alongside smokey beef steaks!



20 minutes



4 servings



Beef

## Switch it up!

*You can serve all these ingredients wrapped in a burrito or in taco shells!  
Add a yoghurt or sour cream dressing if desired!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	15g	24g

## FROM YOUR BOX

BASMATI RICE	150g
LIME	1
CORN COBS	2
TOMATO	1
CORIANDER	1 packet
BABY COS LETTUCE	2-pack
BEEF STEAKS	600g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika

## KEY UTENSILS

frypan or griddle pan, saucepan with lid

## NOTES

If you prefer a warmer dish, you can cook the corn kernels and tomato in the frypan before adding to the rice.

You can substitute the smoked paprika on the steaks with ground cumin, coriander or cajun seasoning for a different flavour!



### 1. COOK THE RICE

Place rice and **1/2 tsp paprika** in a saucepan, cover with 150ml of water. Cover with a lid, cook on lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. PREPARE THE STREET CORN

Whisk zest and juice from 1/2 lime (wedge remaining) with **2 tbsp olive oil** in a large salad bowl.

Remove corn from cobs, dice tomato and chop coriander (see notes). Add to bowl.



### 3. PREPARE THE LETTUCE

Separate and rinse lettuce leaves. Keep in fridge until serving.



### 4. COOK THE STEAKS

Coat steaks with **1 tbsp smoked paprika, oil, salt and pepper** (see notes). Cook on a griddle pan or frypan over medium–high heat for 2–4 minutes each side or until cooked to your liking. Set aside to rest.



### 5. TOSS THE STREET CORN

Toss the cooked rice with corn and dressing until well combined. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Slice steaks. Serve with lettuce cups, street corn rice and lime wedges.



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