



In your box

- 1 Lime
- 2 oz. Sour Cream
- ¼ oz. Cilantro
- 2 Green Onions
- 1 tsp. Cajun Seasoning
- 1 oz. Shredded Cheddar Cheese
- 2 Zucchini
- 4 oz. Corn Muffin Mix

Customize It Options

- 12 oz. Sirloin Steaks
- 12 oz. Filets Mignon
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Grass Fed Sirloin Steaks

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Large Non-Stick Pan, 2 Mixing Bowls, Muffin Tin



Sirloin Steak and Cilantro-Lime Crema

with cheddar corn muffins

NUTRITION per serving—Calories: 709, Carbohydrates: 53g, Fat: 35g, Protein: 44g, Sodium: 1419mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time
35-45 min.

Cook Within
6 days

Difficulty Level
Intermediate

Spice Level
Mild

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to 400 degrees
- Prepare a muffin tin with cooking spray
- Ingredient(s) used more than once: green onions

Customize It Instructions

- If using **grass-fed steak**, follow same instructions as steak in Step 1 and 3.
- If using **chicken**, follow same instructions as steak in Step 1 and 3, cooking until browned and chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **filet**, follow same instructions as steak in Step 1 and 3, cooking until browned and steak reaches minimum internal temperature, 5-8 minutes per side. Rest filet at least 5 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Trim **zucchini** ends, halve lengthwise, and cut into ½" half-moons.
- Trim and mince white portions of **green onions**. Thinly slice remaining green onions. Keep white and green portions separate.
- Mince **cilantro** (no need to stem).
- Halve **lime** and juice.
- Pat **steak** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Make the Corn Muffins

- In a mixing bowl, combine **corn muffin mix**, **green portions of green onions**, **cheese**, a pinch of **salt**, and ½ cup **water** until a thick batter forms.
- Divide batter evenly into four cups of prepared muffin tin.
- Bake in hot oven until muffin tops are lightly browned and start to crack, 15-17 minutes.
- While muffins bake, cook steak.



3

Cook the Steaks

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **steaks** to hot pan and cook until browned and steaks reach minimum internal temperature, 5-7 minutes per side.
- Transfer to a plate and tent with foil.
- Wipe pan clean and reserve.



4

Cook the Zucchini

- Return pan used to cook steak to medium-high heat and add 2 tsp. **olive oil**. Add **zucchini** to hot pan and cook undisturbed until starting to brown, 2-3 minutes.
- Then stir occasionally until starting to soften, 3-4 minutes.
- Add **seasoning blend** and stir occasionally until tender, 1-2 minutes.
- Remove from burner.
- While zucchini cooks, make sauce.



5

Make Sauce and Finish Dish

- In another mixing bowl, combine **cilantro**, **sour cream**, 2 tsp. **olive oil**, 2 tsp. **lime juice**, and a pinch of **salt** and **pepper**. Stir in **white portions of green onions** (to taste).
- Plate dish as pictured on front of card, topping **steak** with **sauce**. Bon appétit!