



July  
2016

## Beef Tenderloin Skewers

with Charred Sweet Corn and Chipotle-Lime Butter

This isn't your ordinary BBQ. Beef tenderloin is the *creme de la creme* of steak - so tender (when baked or grilled) you could practically cut it with a spoon. The smoky heat of chipotle mixed with the tang of lime and crunch of sweet corn will leave you begging for seconds.



Prep: 10 min  
Total: 30 min



level 1



gluten free



nut free



Beef  
Tenderloin Tips



Red Bell  
Pepper



Shallot



Oregano



Corn



Chipotle Chili  
Powder



Lime



Skewers

## Ingredients

	2 People	4 People
Beef Tenderloin Tips	12 oz	24 oz
Red Bell Pepper	1	2
Shallot	1	2
Oregano	¼ oz	¼ oz
Corn	2 Ears	4 Ears
Chipotle Chili Powder 	1 t	2 t
Lime	1	1
Skewers	4	8
Butter* <span style="float: right;">1)</span>	1 ½ T	3 T
Olive Oil*	2 t	4 t

\*Not Included

## Allergens

1) Milk

## Tools

Large bowl, Baking sheet, Zester, Small bowl

Ruler

0 in ¼ in ½ in ¾ in 1 in

**Nutrition per person** Calories: 504 cal | Fat: 26 g | Sat. Fat: 10 g | Protein: 42 g | Carbs: 32 g | Sugar: 11 g | Sodium: 100 mg | Fiber: 7 g

1



**1 Prep: Wash and dry all produce.** Preheat the broiler to high. Soak the **skewers** in water. Take **1 ½ Tablespoons butter** out of the fridge to come to room temperature. Core, seed, and dice the **bell pepper** into 3/4 -inch cubes. Halve, peel, and dice the **shallot** into 3/4-inch pieces. Finely chop the **oregano leaves** (you'll need about 1 teaspoon).

2



**2 Make the skewers:** Toss the **beef** in a large bowl with the **bell pepper, shallot, 1 teaspoon oregano, half the chipotle powder,** and a drizzle of **olive oil**. Season generously with **salt and pepper**. Thread the **beef, peppers, and shallot** onto the **skewers**, alternating between each.

3



**3 Cook the corn:** Place the **corn** onto a baking sheet and rub with a drizzle of **olive oil**. Season with **salt and pepper**. Place under the broiler for 5 minutes, until slightly charred.

5



**4 Cook the skewers:** Remove the baking sheet from the oven and flip the **corn**. Place the **skewers** alongside the corn and place under the broiler for another 5-8 minutes, turning once, until lightly charred and cooked to desired doneness.

**5 Make the butter:** Meanwhile, zest and cut the **lime** into wedges. In a small bowl, combine the butter, a squeeze of **lime**, a pinch of **lime zest**, and as much remaining **chipotle powder** as you like (add a little and go up from there!). Season with **salt and pepper**. **TIP:** If you like your corn slathered with butter, feel free to up the butter amount. We won't tell!

**6 Finish:** Serve the **corn** rubbed with the **chipotle-lime butter**. Brush any remaining butter over the skewers, if desired. Finish with a squeeze of **lime** and enjoy!

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