

Mexican-Style Milanesa With Smoky Corn Relish

Milanesa is a South American dish featuring a thin slice of breaded meat. This dish uses crushed tortilla chips as the crunchy coating and a chipotle spiced corn as the finishing touch.



INGREDIENTS

- 4 beef Cubed Steaks (about 4 ounces each)
- 1 canned chipotle pepper in adobo sauce, minced, plus 1 tablespoon adobo sauce
- 1 can (11 ounces) Mexican-style or regular corn, drained - One and one-half cups defrosted frozen corn may be substituted for canned corn.
- 1 egg
- 1 cup finely crushed tortilla chips
- 4 teaspoons vegetable oil, divided

30 Min 4 42 Cal 31g
 Servings Protein

COOKING

1. Combine corn, chipotle pepper and 1/4 teaspoon salt in medium bowl. Set aside.
2. Beat egg, 1 tablespoon water and adobo sauce in shallow dish until blended. Place tortilla chips in second shallow dish. Dip each beef steak into egg mixture, then into tortilla chips to coat both sides.
3. Heat 1 teaspoon oil in large nonstick skillet over medium to medium-high heat until hot. Place 2 steaks in skillet; cook 5 to 6 minutes to medium (160°F) doneness, until not pink in center and juices show no pink color, turning once and adding another 1 teaspoon oil to skillet after turning steaks. Remove steaks; keep warm. Repeat with remaining 2 teaspoons oil and steaks. Top each steak evenly with Smoky Corn Relish.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		21g	126mg		29g	31g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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