

Seared Flank Steaks

with Roasted Potatoes & “Creamed” Kale

We're bringing the classic steakhouse dinner right into your home with these succulent, all-American flank steaks. As a side, you'll make “creamed” kale prepared simply with garlic, butter and Parmesan cheese. And for an extra touch, we're mixing in the juices from the pan-seared steaks, infusing the kale with deeper savory flavor. Colorful fingerling potatoes complete the meal—perfectly seasoned and roasted in the oven until delicately crispy.



Ingredients

- 4 Flank Steaks
- 1½ Pounds Multicolored Fingerling Potatoes
- 2 Cloves Garlic
- 1 Bunch Lacinato Kale
- 1 Lemon

Knick Knacks

- 3 Tablespoons Butter
- 2 Teaspoons Old Bay Seasoning
- ⅓ Cup Grated Parmesan Cheese

Makes 4 Servings
About 590 Calories Per Serving
Cooking Time: 25 to 35 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp37

1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Remove the steaks from the refrigerator to bring to room temperature. Cut the potatoes into 1-inch-thick rounds. Peel and mince the garlic. Remove and discard the kale stems; roughly chop the leaves. Quarter and deseed the lemon.

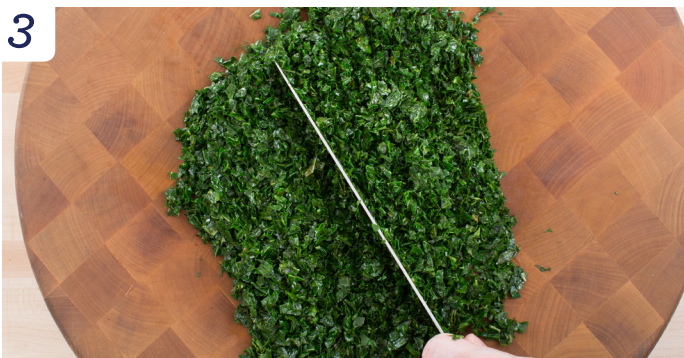
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Roast the potatoes:

Place the **potato rounds** on a sheet pan. Drizzle with olive oil and season with salt, pepper and the **Old Bay seasoning**; toss to coat. Arrange in a single, even layer and roast 20 to 22 minutes, or until browned and tender when pierced with a fork. Remove from the oven and transfer to a serving dish.

3



Start the kale:

While the potatoes roast, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium until hot. Add the **kale** and **¼ cup of water**; season with salt and pepper. Cook, stirring frequently, 3 to 5 minutes, or until completely wilted. (If necessary, work in batches.) Transfer to a clean work surface. Wipe out the pan. When cool enough to handle, finely chop the cooked kale.

4



Sear the steaks:

While the kale cools, pat the **steaks** dry with paper towels; season with salt and pepper on both sides. In the same pan used to cook the kale, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned steaks and cook 2 to 4 minutes per side for medium-rare, or until they reach your desired degree of doneness. Transfer to a cutting board and let rest for at least 5 minutes, leaving any browned bits (or fond) in the pan.

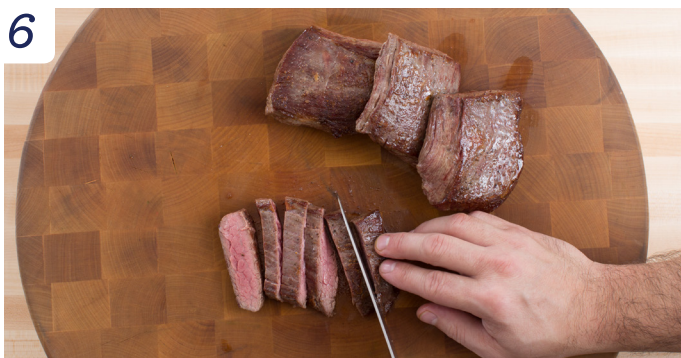
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Finish the kale:

While the steaks rest, heat the pan of reserved fond on medium until hot. (If the pan seems dry, add 1 teaspoon of olive oil.) Add the **garlic** and cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **chopped kale**, **Parmesan cheese**, **butter** and **2 tablespoons of water**. Cook, stirring frequently, 3 to 4 minutes, or until thoroughly combined and heated through. Season with salt and pepper to taste. Transfer to a serving dish.

6



Finish & serve your dish:

Find the lines of muscle (or grain) of the **rested steaks**; slice the steaks against the grain. Transfer the sliced steaks to a serving dish. Add **any juices from the cutting board** to the serving dish of **finished kale**; stir to combine. Serve with the **roasted potatoes** and **lemon wedges** on the side. Enjoy!