

# Pan-Seared Steaks & Salsa Verde

*with Roasted Broccoli & Purple Potatoes*

Potatoes are a tried-and-true pairing for steak. But in this recipe, we decided to go the extra mile—to infuse the dish with more color, flavor and nutrients—by serving our steak with gorgeous purple potatoes. The striking hue of these spuds, most popular in South America, results from a wealth of antioxidants. Their taste is earthy and somewhat nutty, accented here by a dusting of ground fennel and coriander. Roasted with broccoli, these potatoes are the perfect side for succulent, pan-seared steak.



## Ingredients

- 4 Sirloin Tip Steaks
- $\frac{3}{4}$  Pound Purple Potatoes
- 2 Cloves Garlic
- 1 Pound Broccoli
- 1 Lemon
- 1 Red Onion
- 1 Large Bunch Parsley

## Knick Knacks

- 3 Tablespoons Sliced Almonds
- $\frac{1}{2}$  Cup Grated Pecorino Cheese
- 2 Teaspoons Roasted Broccoli Spice Blend  
(Ground Fennel & Ground Coriander)

**Makes 4 Servings**

**About 640 Calories Per Serving**

**Cooking Time: 35 to 45 minutes**





# Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/fp57](https://blueapron.com/recipes/fp57)

1



## Prepare the ingredients:

Preheat the oven to 450°F. Remove the steaks from the refrigerator to bring to room temperature. Wash and dry the fresh produce. Cut the potatoes into bite-sized wedges. Cut the broccoli into small florets. Peel and thinly slice the garlic. Peel and medium dice the onion. Pick the parsley leaves off the stems; discard the stems and finely chop the leaves. Quarter and deseed the lemon. Roughly chop the almonds.

2



## Roast the vegetables:

Place the **broccoli, potatoes, onion** and **garlic** on a sheet pan. Drizzle with olive oil and season with salt, pepper and the **spice blend**; toss to thoroughly coat. Arrange in a single, even layer and roast 28 to 30 minutes, or until tender when pierced with a fork. Transfer to a serving dish.

3



## Make the salsa verde:

While the vegetables roast, in a medium bowl, combine the **parsley, almonds, the juice of 2 lemon wedges** and **half the pecorino cheese**; season with salt and pepper. Stir in enough olive oil to create a thin paste. Set aside.

4



## Cook the steaks:

Once the vegetables have roasted for about 15 minutes, pat the **steaks** dry with paper towels; season with salt and pepper on both sides. In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned steaks and cook 2 to 3 minutes per side for medium, or until browned and cooked to your desired degree of doneness. Transfer to a serving dish and let rest for at least 5 minutes.

5



## Dress the roasted vegetables:

Top the serving dish of **roasted vegetables** with the **juice of the remaining lemon wedges** and the **remaining pecorino cheese**. Season with salt and pepper to taste.

6



## Finish & serve your dish:

Top each of the **rested steaks** with a few spoonfuls of the **salsa verde**. Serve with the **dressed vegetables** and **any remaining salsa verde** on the side. Enjoy!