

Steak Frites

with Creamy Mustard Sauce
& Arugula Salad

PREP TIME: 10 minutes

COOK TIME: 20-30 minutes

SERVINGS: 2

“Steak frites,” or steak with french fries, is classic French bistro fare. For tonight’s take, we’re basting our steak with sumptuous garlic butter, and serving it with hearty, oven-roasted “frites.” (The leftover garlic butter makes a delicious topping for the potatoes.) Creamy mustard sauce perfectly cuts through the richness of the steak, while a simple arugula salad dressed with Meyer lemon vinaigrette adds a peppery finish.



BLUE APRON WINE PAIRING:

Château Rampeau Bordeaux, 2014

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Ingredients



1
STEAK



2 cloves
GARLIC



2 oz
ARUGULA



1
MEYER LEMON



1 lb
RUSSET POTATOES

KNICK KNACKS:



3 Tbsp
CREAMY MUSTARD
SAUCE



2 Tbsp
BUTTER

Did You Know?

*This versatile
ingredient
combines Dijon
mustard and
mayonnaise.*



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1 Prepare the ingredients:

- ☐ Preheat the oven to 475°F.
- ☐ Wash and dry the fresh produce.
- ☐ Cut the potatoes lengthwise into 1/4-inch-thick sticks.
- ☐ Peel and finely chop the garlic.
- ☐ Quarter and deseed the lemon.

2 Roast the potatoes:

- ☐ Place the **potatoes** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat.
- ☐ Roast 19 to 21 minutes, or until golden brown and tender when pierced with a fork. Remove from the oven.



3 Cook the steak & make the garlic butter:

- ☐ Once the potatoes have roasted for about 10 minutes, pat the **steak** dry with paper towels. Season with salt and pepper on both sides.
- ☐ In a large pan (nonstick, if you have one), heat 1 teaspoon of olive oil on medium-high until hot. Add the seasoned steak and cook 2 to 3 minutes on the first side, or until lightly browned.
- ☐ Flip and add the **garlic** and **butter**. Cook, frequently spooning the butter over the steak, 1 to 2 minutes for medium-rare, or until browned and cooked to your desired degree of doneness. Remove from heat.
- ☐ Leaving the garlic butter in the pan, transfer the cooked steak to a cutting board and let rest for at least 5 minutes.

4 Make the vinaigrette:

- ☐ While the steak cooks, in a bowl, combine 1/4 of the **creamy mustard sauce** and the **juice of all 4 lemon wedges**. Slowly whisk in **2 teaspoons of olive oil** until well combined. Season with salt and pepper to taste.



5 Slice the steak:

- ☐ Find the lines of muscle (or grain) on the **rested steak**; thinly slice crosswise against the grain.



6 Make the salad & plate your dish:

- ☐ Just before serving, place the **arugula** in a large bowl. Add enough of the **vinaigrette** to coat (you may have extra vinaigrette). Toss to mix; season with salt and pepper to taste. Transfer to a serving dish.
- ☐ Divide the **sliced steak** and **roasted potatoes** between 2 dishes. Drizzle the **reserved garlic butter** over the potatoes. Transfer the **remaining creamy mustard sauce** to a serving dish. Serve the salad and remaining creamy mustard sauce on the side. Enjoy!

