

Seared Steaks & Mashed Potatoes

with Roasted Brussels Sprouts & Steak Sauce

PREP TIME: 15 minutes

COOK TIME: 20-30 minutes

SERVINGS: 4

Tonight, we're sprucing up the classic steakhouse dinner with our very own steak sauce. Just a few pantry ingredients—soy glaze, molasses, ketchup and red wine vinegar—simmered with sautéed aromatics result in a deeply flavorful sauce that's at once sweet, savory and tangy. As a pair of sides, creamy cheddar mashed potatoes and roasted Brussels sprouts complete the meal with satisfying heartiness.



BLUE APRON WINE PAIRING:

Cave de Thiezé Coteaux
Bourguignons, 2014

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Ingredients



2
STEAKS



¾ lb
BRUSSELS
SPROUTS



3 cloves
GARLIC



2
SCALLIONS



1 lb
RUSSET POTATOES

KNICK KNACKS:



4 Tbsp
BUTTER



2 Tbsp
KETCHUP



1 Tbsp
MOLASSES



1 Tbsp
RED WINE
VINEGAR



1 Tbsp
SOY GLAZE



2 oz
CHEDDAR CHEESE



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1 Prepare the ingredients:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Cut off and discard the stem ends of the Brussels sprouts; halve lengthwise.
- ☐ Peel and large dice the potatoes.
- ☐ Grate the cheese.
- ☐ Peel and mince the garlic.
- ☐ Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.

2 Roast the Brussels sprouts:

- ☐ Place the **Brussels sprouts** on a sheet pan. Drizzle with olive oil and season with salt and pepper. Toss to thoroughly coat.
- ☐ Arrange in a single, even layer and roast 14 to 16 minutes, or until browned and softened. Remove from the oven. Season with salt and pepper to taste. Set aside in a warm place.

3 Cook & mash the potatoes:

- ☐ While the Brussels sprouts roast, add the **potatoes** to the pot of boiling water. Cook 14 to 16 minutes, or until tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the pot.
- ☐ Add the **cheese** and **butter**. Using a fork, mash to your desired consistency. Season with salt and pepper to taste. Set aside in a warm place.

4 Cook the steaks:

- ☐ While the potatoes cook, 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. Cook 3 to 4 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a cutting board. Let the cooked steaks rest for at least 5 minutes.

5 Make the sauce:

- ☐ While the steaks rest, add the **garlic** and **white bottoms of the scallions** to the pan of reserved fond. Cook on medium-high, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add the **soy glaze, vinegar, molasses, ketchup** and **2 tablespoons of water** (be careful, as the liquid may splatter). Cook, stirring constantly, 45 seconds to 1 minute, or until thoroughly combined. Turn off the heat and season with salt and pepper to taste.

6 Finish & serve your dish:

- ☐ Find the lines of muscle (or grain) on the **rested steaks**; thinly slice crosswise against the grain.
- ☐ Divide the **mashed potatoes, roasted Brussels sprouts** and sliced steaks between 4 dishes. Top the steaks with the **sauce**. Garnish the steaks and mashed potatoes with the **green tops of the scallions**. Enjoy!