

Seared NY Strip Steaks & Chimichurri

with Roasted Zucchini & Quinoa Salad

TECHNIQUE TO HIGHLIGHT

Scoring the zucchini, or cutting shallow lines in a cross-hatch pattern, creates little pockets for salt to seep in and draw out excess moisture. This will promote browning on the zucchini and let it soak up more of the vibrant chimichurri.

CHIMICHURRI

[chim-ee-chur-ee]

noun: a traditional, Argentinian herb-based sauce or marinade typically used on grilled meats.



PREMIUM

2 SERVINGS

⌚ 50-60 MINS





Serve a bottle of Blue Apron wine with this symbol: Bold & Spicy.

blueapron.com/wine


 2 12-oz New York Strip Steaks

 ½ cup Red Quinoa

 1 Zucchini

 1 Poblano Pepper

 1 Lime

 1 bunch Mint


 1 bunch Parsley

 1 oz Sliced Pickled Jalapeño Pepper

 ¾ cup Cilantro Sauce

 2 Tbsps Sliced Roasted Almonds

 1 Tbsp Pickled Peruvian Peppers

 ¼ cup Sour Cream

   Share your photos with #blueapron



1 Score & salt the zucchini:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F. Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high. Wash and dry the fresh produce.
- ☐ Halve the **zucchini** lengthwise. Using the tip of your knife, score the cut sides of the zucchini diagonally to form a cross-hatch pattern, about $\frac{1}{4}$ -inch deep. Season the cut sides with a **big pinch of salt**, then place on a paper-towel lined plate, cut side down. Set aside to release the excess liquid at least 10 minutes.

2 Prepare the ingredients & make the chimichurri:

- ☐ Meanwhile, roughly chop the **Peruvian peppers**.
- ☐ Roughly chop the **parsley** leaves and stems.
- ☐ Pick the **mint** leaves off the stems; roughly chop the leaves.
- ☐ Quarter the **lime**.
- ☐ Roughly chop the **jalapeño pepper**; thoroughly wash your hands, knife, and cutting board after handling.
- ☐ In a bowl, combine the **cilantro sauce**, **chopped mint**, **the juice of 2 lime wedges**, and **as much of the chopped jalapeño as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.

3 Cook the quinoa:

- ☐ Add the **quinoa** to the pot of boiling water. Cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot. Cover to keep warm.

4 Sear the zucchini:

- ☐ Meanwhile, pat the **zucchini** dry with paper towels to remove any excess moisture.
- ☐ In a large pan, heat a drizzle of **olive oil** on medium-high until hot. Add the **prepared zucchini**, cut side down. Cook 3 to 4 minutes, or until browned.
- ☐ Transfer to a sheet pan, cut side down. Wipe out the pan.

5 Roast the poblano & zucchini:

- ☐ Place the **poblano pepper** on the other side of the sheet pan. Drizzle with **olive oil** and season with salt and pepper; turn to coat.
- ☐ Roast 8 to 10 minutes, or until the vegetables are browned and softened.
- ☐ Transfer to a cutting board. Carefully cut the **roasted zucchini** on an angle into thirds.
- ☐ When cool enough to handle, cut out and discard the stem, ribs, and seeds of the **roasted poblano**; roughly chop. Thoroughly wash your hands, knife, and cutting board after handling.

6 Cook the steaks & serve your dish:

- ☐ Meanwhile, pat the **steaks** dry with paper towels; season with salt and pepper.
- ☐ In the same pan, heat a drizzle of **olive oil** on medium-high until hot. Add the **seasoned steaks**. Cook 5 to 7 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness.** Transfer to a cutting board; let rest at least 5 minutes.
- ☐ To the pot of **cooked quinoa**, add the **sour cream**, **chopped poblano pepper**, **chopped Peruvian peppers**, **chopped parsley**, **the juice of the remaining lime wedges**, and a drizzle of **olive oil**. Season with salt and pepper; stir to combine.
- ☐ Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- ☐ Serve the **finished quinoa** topped with the **roasted zucchini**. Serve with the **sliced steaks**. Top the quinoa and steaks with the **chimichurri**. Garnish the quinoa with the **almonds**. Enjoy!

**An instant-read thermometer should register 145°F.



NUTRITION PER SERVING (AS PREPARED)* Calories: 870, Total Carbohydrates: 44g, Dietary Fiber: 10g, Added Sugar: 1g, Total Fat: 43g, Saturated Fat: 12g, Protein: 84g, Sodium: 2180mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC New York, NY 10005

 **Blue Apron**
blueapron.com