

Cajun-Spiced Steaks & Biscuits

with Broccoli & Maple Butter

 30-40 MINS | 2 SERVINGS

This comforting dish pairs warm homemade biscuits with rich seared steaks—coated in a blend of bold Cajun-style spices, then topped with a dollop of sweet, creamy maple butter. It's all complete with a simple, hearty side of broccoli garnished with crunchy roasted almonds.



MATCH YOUR BLUE APRON WINE



Rich & Decadent

Serve a bottle with this symbol for a great pairing.



Ingredients



2
STEAKS



1/2 lb
BROCCOLI



2
SCALLIONS



2 Tbsps
SLICED ROASTED
ALMONDS



2 Tbsps
FROMAGE BLANC



1/2 cup
BISCUIT MIX



2 Tbsps
BUTTER



1 1/2 Tbsps
MAPLE SYRUP



1 Tbsp
CAJUN SPICE
BLEND*

*Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme & Cayenne Pepper



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.



1 Prepare the ingredients:

- Remove the **butter** from the refrigerator to soften.
- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small florets.
- Thinly slice **1 scallion** (you will have extra).



2 Make the dough & form the biscuits:

- In a large bowl, combine the **biscuit mix**, **fromage blanc**, **sliced scallion**, a **pinch of the spice blend**, and **1 tablespoon of water**. Gently stir until just combined (be careful not to overmix).
- Lightly oil one side of a sheet pan. Scoop the **biscuit dough** into 2 equal-sized rounds; place on the oiled side of the sheet pan.



3 Bake the biscuits & broccoli:

- Place the **broccoli florets** on the other side of the sheet pan of **biscuits**. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Bake 14 to 16 minutes, or until the biscuits are set and cooked through and the broccoli is tender when pierced with a fork.
- Remove from the oven and let the biscuits stand at least 2 minutes.



4 Cook the steaks:

- Meanwhile, pat the **steaks** dry with paper towels; season on all sides with salt, pepper, and enough of the **remaining spice blend** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook, turning occasionally, 8 to 10 minutes for medium-rare, or until browned and cooked to your desired degree of doneness.**
- Transfer to a cutting board and let rest at least 5 minutes.



5 Make the maple butter & serve your dish:

- While the steaks rest, place the **softened butter** in a bowl. Gradually add the **maple syrup** and vigorously stir to combine. Season with salt and pepper.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **baked biscuits and broccoli**. Top the steaks with **up to half the maple butter** (you will have extra). Garnish the broccoli with the **almonds**. Enjoy!

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



NUTRITION PER SERVING (AS PREPARED)* Calories: 830, Total Carbohydrates: 100g, Dietary Fiber: 25g, Added Sugar: 5g, Total Fat: 28g, Saturated Fat: 10g, Protein: 44g, Sodium: 1426mg.

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

Share your photos with #blueapron