

Cajun-Spiced Steaks & Biscuits

with Broccoli & Maple Butter

🕒 25-35 MINS | 4 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. A simple side of broccoli (baked alongside the biscuits) is garnished with piquant, pickled goathorn peppers for a zesty finish.



MATCH YOUR BLUE APRON WINE



Rich & Decadent

Serve a bottle with this symbol for a great pairing.



Ingredients



4
STEAKS



1 lb
BROCCOLI



1 ½ Tbsps
MAPLE SYRUP



2 Tbsps
FROMAGE BLANC



2 oz
PICKLED
GOATHORN
PEPPERS



1 cup
BISCUIT MIX



2
SCALLIONS



4 Tbsps
BUTTER



¼ cup
SOUR CREAM



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 the **scallions**.
- ☐ Roughly chop the **peppers**. Thoroughly wash your hands, knife, and cutting board immediately after handling.



2 Make the dough & form the biscuits:

- ☐ In a large bowl, combine the **biscuit mix**, **sour cream**, **fromage blanc**, **sliced scallions**, **a pinch of the spice blend**, and **2 tablespoons 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 4 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 large pan, 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 **baked broccoli**. Top the steaks with the **maple butter**. Garnish the broccoli with **as much of the chopped peppers as you'd like**, depending on how spicy you'd like the dish to be. Enjoy!

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



NUTRITION PER SERVING (AS PREPARED)* Calories: 660, Total Carbohydrates: 37g, Dietary Fiber: 4g, Added Sugar: 7g, Total Fat: 41g, Saturated Fat: 19g, Protein: 38g, Sodium: 1200mg.

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

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