

BBQ-Glazed Strip Steaks

with Smoky Baked Beans & Zucchini

WHY WE LOVE THIS RECIPE

For four weeks, we're thrilled to partner with Timothy Hollingsworth, award-winning chef and owner of multiple LA-based restaurants, whose family inspires his love of food, and even a few of his signature dishes!

TECHNIQUE TO HIGHLIGHT

For this comforting dish, you'll make your own barbecue glaze (with worcestershire, ketchup, and vinegar) to spoon onto the steaks, allowing them to soak up all of the rich, tangy flavors as they cook.



BLUE APRON
x
**Tim
Hollingsworth**



PREMIUM

2 SERVINGS

🕒 45-55 MINS



Serve a bottle of Blue Apron wine with this symbol: Rich & Decadent. blueapron.com/wine

Ingredients

 2 12-oz New York Strip Steaks

 1 15.5-oz can Cannellini Beans

 1 Zucchini

 2 cloves Garlic

 1 bunch Parsley

 2 Tbsps Tomato Paste

 ½ oz Sweet Piquante Peppers

 ¼ cup Panko Breadcrumbs

 1 Shallot

 3 Tbsps Roasted Peanuts

 2 Tbsps White Wine Vinegar

 1 Tbsp Southern Spice Blend*

 1 Tbsp Ketchup

 2 Tbsps Vegetarian Worcestershire Sauce

 2 tsps Honey

*Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper



1 Prepare the ingredients & make the glaze:

- Remove the **honey** from the refrigerator to bring to room temperature.
- If grilling, preheat the grill to maintain a temperature of 450-500°F. Oil the grill grates.
- Place an oven rack in the center of the oven, then preheat to 400°F.
- Wash and dry the fresh produce. Peel the **shallot**; thinly slice. Peel **2 cloves of garlic**; roughly chop. Drain and rinse the **beans**. Cut the **zucchini** into 1/2-inch rounds.
- Roughly chop the **peppers, peanuts, and parsley** leaves and stems; combine in a bowl.
- In a separate bowl, combine the **ketchup, worcestershire sauce, and half the vinegar** (you will have extra).



2 Make the baked beans:

- In a medium pot, heat **2 teaspoons of olive oil** on medium-high until hot. Add the **sliced shallot and chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened. Add the **tomato paste, honey** (kneading the packet before opening), and **spice blend**. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined. Add the **drained beans and 1 cup of water** (carefully, as it may splatter); season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until simmering.
- Transfer to an 11-inch by 6-inch (or 8-inch square) baking dish and spread into an even layer. Bake 18 to 20 minutes, or until the liquid is thickened and the beans are softened. Remove from the oven and let stand at least 2 minutes before serving.

3 Toast the breadcrumbs:

- Meanwhile, in a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot. Add the **breadcrumbs**; season with salt and pepper. Cook, stirring frequently, 1 to 3 minutes, or until browned.
- Transfer to a bowl. Wipe out the pan.



4 Cook the steaks:

- Pat the **steaks** dry with paper towels; season with salt and pepper on both sides. Evenly coat or brush both sides of the seasoned steaks with **half the glaze**.
- STOVE:** In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot. Add the **glazed steaks**. Cook, frequently coating the steaks with the **remaining glaze**, 5 to 7 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness.** Turn off the heat. Transfer to a cutting board; let rest at least 5 minutes. Rinse and wipe out the pan.
- GRILL:** Grill the **glazed steaks**, frequently coating the steaks with the **remaining glaze**, 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.



5 Cook the zucchini:

- STOVE:** While the steaks rest, in the same pan, heat a drizzle of **olive oil** on medium-high until hot. Add the **zucchini rounds**; season with salt and pepper. Cook 3 to 4 minutes per side, or until browned and softened. Transfer to a serving dish.
- GRILL:** Place the **zucchini rounds** in a bowl. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Grill 3 to 4 minutes per side, or until charred and softened. Transfer to a serving dish.

6 Finish & serve your dish:

- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **cooked zucchini** and **baked beans**. Top the zucchini with the **chopped pepper mixture**. Top the beans with the **toasted breadcrumbs**. Enjoy!

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



NUTRITION PER SERVING (AS PREPARED)* Calories: 1010, Total Carbohydrates: 72g, Dietary Fiber: 12g, Added Sugar: 12g, Total Fat: 40g, Saturated Fat: 10g, Protein: 95g, Sodium: 2420mg.

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.

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