

Seared Steaks & Chive Butter

with Cheesy Potato-Cauliflower Mash

CARB CONSCIOUS

🕒 35-45 MINS | 4 SERVINGS

For hearty complement to seared steaks, you'll make a savory combination of potatoes and cauliflower—mashed together with melty smoked gouda for a delightfully cheesy finish. A simple side of broccoli—dressed with fresh lemon juice and zesty garlic paste, then topped with tangy parmesan cheese—lends even more rich flavor to the dish.



MATCH YOUR BLUE APRON WINE



Bold & Spicy

Serve a bottle with this symbol for a great pairing.



Ingredients



4
STEAKS



1 lb
BROCCOLI



1
LEMON



1 clove
GARLIC



2 Tbsps
BUTTER



¾ lb
GOLDEN OR RED
POTATOES



1 head
COLORED, WHITE,
OR ROMANESCO
CAULIFLOWER



1 bunch
CHIVES



4 oz
SMOKED GOUDA
CHEESE



¼ cup
GRATED
PARMESAN
CHEESE



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.
- ☐ Fill a large pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Medium dice the **potatoes**.
- ☐ Cut out and discard the core of the **cauliflower**; cut into small florets.
- ☐ Combine the **diced potatoes** and **cauliflower florets** in a bowl.
- ☐ Grate the **gouda** on the large side of a box grater.
- ☐ Cut off and discard the bottom $\frac{1}{2}$ inch of the **broccoli** stem; cut the broccoli into small florets.
- ☐ Thinly slice the **chives**.
- ☐ Halve the **lemon** crosswise; squeeze the juice into a large bowl, straining out the seeds.
- ☐ Peel **1 clove of garlic**; using a zester, finely grate into a paste (or use the small side of a box grater).

2 Make the potato-cauliflower mash:

- ☐ Add the **prepared potatoes** and **cauliflower** to the pot of boiling water. Cook 17 to 19 minutes, or until tender when pierced with a fork.
- ☐ Turn off the heat. Drain thoroughly and return to the pot.
- ☐ Add the **grated gouda**; season with salt and pepper. Using a fork or potato masher, mash to your desired consistency. Taste, then season with salt and pepper if desired.

3 Roast the broccoli:

- ☐ Meanwhile, place the **broccoli florets** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- ☐ Roast 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

4 Cook the steaks:

- ☐ Meanwhile, pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- ☐ 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 chive butter:

- ☐ Meanwhile, in a bowl, combine the **softened butter** and **sliced chives**; season with salt and pepper. Using a fork, mash to thoroughly combine.

6 Finish the broccoli & serve your dish:

- ☐ To the bowl of **lemon juice**, add **half the parmesan** and **as much of the garlic paste as you'd like**. Stir to combine. Add the **roasted broccoli**; toss to coat. Taste, then season with salt and pepper if desired.
- ☐ Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- ☐ Serve the **sliced steaks** with the **finished broccoli** and **potato-cauliflower mash**. Top the steaks with the **chive butter**. Garnish the broccoli with the **remaining parmesan**. Enjoy!



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



NUTRITION PER SERVING (AS PREPARED)* Calories: 600, Total Carbohydrates: 28g, Dietary Fiber: 7g, Added Sugar: 0g, Total Fat: 36g, Saturated Fat: 18g, Protein: 46g, Sodium: 1380mg.

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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