

# Seared NY Strip Steaks & Chicken

with Chimichurri & Quinoa-Vegetable 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

4 SERVINGS

🕒 50-60 MINS



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

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## Ingredients

 2 12-oz New York Strip Steaks

 2 Boneless, Skinless Chicken Breasts

 2 Zucchini

 1 cup Red Quinoa

 1 Lime

 2 Poblano Peppers

 1 bunch Parsley

 1 bunch Mint

 ⅓ cup Salsa Verde

 1 oz Sliced Pickled Jalapeño Pepper

 2 Tbsps Pickled Peruvian Peppers

 ¼ cup Sliced Roasted Almonds

 ¼ cup Cilantro Sauce

 ½ cup Sour Cream

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### 1 Score & salt the zucchini:

- Place an oven rack in the center of the oven; preheat to 450°F. Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; 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 diagonally to form a cross-hatch pattern, about  $\frac{1}{4}$ -inch deep. Season the cut sides with a **big pinch of salt**; 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 immediately after handling.
- In a bowl, combine the **cilantro sauce, salsa verde, chopped mint leaves, the juice of 2 lime wedges, 2 teaspoons of olive oil, 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; return to the pot.



### 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.
- Carefully transfer to one side of a sheet pan, cut side down. Wipe out the pan.

### 5 Roast the poblano peppers & zucchini:

- Place the **poblano peppers** 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 browned and softened. Transfer to a cutting board.
- Carefully cut the **roasted zucchini** on an angle into thirds. Cut out and discard the stem, ribs, and seeds of the **roasted poblanos**; roughly chop. Thoroughly wash your hands, knife, and cutting board after handling.



### 6 Finish & serve your dish:

- Meanwhile, pat the **steaks** and **chicken** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot. Add the seasoned steaks and chicken. Cook the **steaks** 5 to 7 minutes per side for medium-rare, or until cooked to your desired degree of doneness.\*\* Cook the **chicken** 6 to 7 minutes per side, or until browned and cooked through.\*\*\*
- Transfer to a cutting board; let rest at least 5 minutes.
- To the pot of **cooked quinoa**, add the **sour cream, chopped poblano peppers, 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. Slice the **cooked chicken** crosswise.
- Serve the **finished quinoa** topped with the **roasted zucchini**. Serve with the **sliced steaks and chicken**. Top the quinoa, steaks, and chicken with the **chimichurri**. Garnish the quinoa with the **almonds**. Enjoy!



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

\*\*\*An instant-read thermometer should register 165°F for chicken.



**NUTRITION PER SERVING (AS PREPARED)\*** Calories: 800, Total Carbohydrates: 43g, Dietary Fiber: 10g, Added Sugar: 1g, Total Fat: 42g, Saturated Fat: 10g, Protein: 66g, Sodium: 1730mg.

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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