

Seared Beef Medallions

with Prince of Orange Potatoes & Tarragon Pan Sauce

TIME: 30-40 minutes

SERVINGS: 2

An elegant sauce elevates tender beef medallions tonight. We're making it in the same pan used to sear the beef, for rich, deep flavor, and brightening it with red wine vinegar and capers. Fresh tarragon, with its notes of licorice, gives the sauce an aromatic lift. A side of sunny-hued prince of orange potatoes and blanched green beans gets pops of sweetness and tang from piquanté peppers.



MATCH YOUR BLUE APRON WINE



Light & Bright

Serve a bottle with this symbol for a great pairing.



Ingredients



1
BEEF ROAST



3/4 lb
PRINCE OF
ORANGE
POTATOES



2
SCALLIONS



6 oz
GREEN BEANS



1 bunch
TARRAGON

KNICK KNACKS:



1 Tbsp
CAPERS



2 Tbsps
BUTTER



1 Tbsp
RED WINE
VINEGAR



1 oz
SWEET PIQUANTE
PEPPERS



Download our iOS app or log in to blueapron.com for how-to videos and supplier stories.



1 Prepare & cook the potatoes:

- ☐ Heat a small pot of salted water to boiling on high.
- ☐ Wash and dry the **potatoes**.
- ☐ Cut the potatoes into 1-inch-wide wedges.
- ☐ Once the pot of water is boiling, add the potatoes and cook 10 to 12 minutes, or until tender when pierced with a fork.
- ☐ Leaving the pot of water boiling, using a slotted spoon or strainer, transfer the cooked potatoes to a paper towel-lined plate. When cool enough to handle, pat dry with paper towels.

2 Prepare the remaining ingredients:

- ☐ While the potatoes cook, wash and dry the remaining fresh produce.
- ☐ Cut off and discard the stem ends of the green beans.
- ☐ Roughly chop the peppers.
- ☐ Cut off and discard the root ends of the scallions. Thinly slice the white bottoms. Cut the green tops into 1/2-inch pieces.
- ☐ Pick the tarragon leaves off the stems; discard the stems and roughly chop the leaves.
- ☐ Slice the beef crosswise into 4 equal-sized medallions.

3 Cook the beef:

- ☐ Pat the **beef** dry with paper towels; season with salt and pepper on both sides. In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned beef and cook 3 to 4 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness. Leaving any browned bits (or fond) in the pan, transfer to a plate and let rest for at least 5 minutes.



4 Blanch the green beans:

- ☐ While the beef cooks, add the **green beans** to the same pot of boiling water. Cook 2 to 3 minutes, or until bright green and slightly softened. Drain thoroughly. When cool enough to handle, pat dry with paper towels.



5 Finish the vegetables:

- ☐ While the beef rests, to the pan of reserved fond, add 1 tablespoon of olive oil; heat on medium-high until hot. Add the **cooked potatoes** in a single layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Turn off the heat. Add the **peppers, blanched green beans, and green tops of the scallions**; season with salt and pepper. Gently stir to combine; season with salt and pepper to taste. Divide between 2 dishes.

6 Make the pan sauce & plate your dish:

- ☐ To the same pan, add the **white bottoms of the scallions** and **capers**; season with salt and pepper. (If the pan seems dry, add 1 teaspoon of olive oil.) Cook on medium-high, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the **vinegar** and **2 tablespoons of water** (be careful, as the liquid may splatter). Cook, stirring constantly and scraping up any fond from the bottom of the pan, 30 seconds to 1 minute, or until combined. Turn off the heat and stir in the **butter** and **half the tarragon**; season with salt and pepper to taste.
- ☐ Divide the **rested beef** between the dishes of **finished vegetables**. Top the beef with spoonfuls of the pan sauce. Garnish with the **remaining tarragon**. Enjoy!

