

Seared Beef Medallions

with Prince of Orange Potatoes
& Caper-Butter Pan Sauce

TIME: 30-40 minutes

SERVINGS: 2

An elegant sauce elevates tender beef medallions in this recipe. We're making it in the same pan used to sear the meat, for rich, deep flavor, and brightening it with red wine vinegar and capers. A side of sunny-hued Prince of Orange potatoes—boiled and then browned for creamy and crispy texture—and blanched green beans gets pops of sweetness and tang from pickled piquante peppers.



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Light & Bright

Serve a bottle with this symbol for a great pairing.



Ingredients



1
BEEF ROAST



3/4 lb
PRINCE OF
ORANGE
POTATOES



6 oz
GREEN BEANS



2
SCALLIONS

KNICK KNACKS:



2 tsp
CAPERS



1 Tbsp
RED WINE
VINEGAR

Did You Know?
Heating vinegar
helps mellow
its sharpness.



2 Tbsp
BUTTER



1 oz
SWEET PIQUANTE
PEPPERS



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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.
- ☐ 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, add 1 tablespoon of olive oil to the pan of reserved fond; 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:

- ☐ Add the **white bottoms of the scallions** and **capers** to the same pan; 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** until melted; season with salt and pepper to taste.
- ☐ Divide the **rested beef** between the dishes of **finished vegetables**. Top the beef with the pan sauce. Enjoy!

