

Fennel-Spiced Steaks

with Garlic Roasted Potato & Green Bean Salad

TIME: 25-35 minutes

SERVINGS: 2

Slightly sweet and pleasantly herbal, fennel seeds are the secret ingredient behind tonight's restaurant-quality steaks. We're using both whole and ground fennel seeds to season the meat; in a hot pan, they brown and form a delicious crust. On the side, simple roasted potato, tossed in aromatic garlic oil, and a fresh salad of crisp green beans, shaved parmesan cheese, almonds, and marinated shallot round out the dish on a gourmet note.



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Ingredients



2
STEAKS



1 clove
GARLIC



1
RUSSET POTATO



½ lb
GREEN BEANS



1 bunch
BASIL

KNICK KNACKS:



2 Tbsps
ROASTED
ALMONDS



1
SHALLOT



1 Tbsp
STEAK SPICE
BLEND*



2 Tbsps
SHAVED
PARMESAN
CHEESE



1 Tbsp
WHITE WINE
VINEGAR

* Ground Fennel Seeds, Whole Fennel Seeds, Ground Rosemary, & Ground Sage



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1 Prepare & roast the potato:

- ☐ Preheat the oven to 475°F.
- ☐ Heat a small pot of salted water to boiling on high.
- ☐ Wash and dry the **potato**. Halve the lengthwise, then cut crosswise into ¼-inch-thick pieces. Place on a sheet pan. Drizzle with 1 tablespoon of olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single layer.
- ☐ Roast 22 to 24 minutes, or until browned and tender when pierced with a fork. Remove from the oven and transfer to a medium bowl.

2 Prepare the remaining ingredients & make the garlic oil:

- ☐ While the potato roasts, wash and dry the remaining fresh produce.
- ☐ Cut off and discard the stem ends of the green beans.
- ☐ Peel and thinly slice the shallot. Place in a bowl with the **vinegar**. Drizzle with olive oil and season with salt and pepper; stir to combine.
- ☐ Roughly chop the almonds.
- ☐ Peel the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester). Place in a bowl and top with **1 tablespoon of olive oil**. Season with salt and pepper; stir to combine.

3 Cook the steaks:

- ☐ While the potato continues to roast, pat the **steaks** dry with paper towels; season with salt, pepper, and the **spice blend** on both sides.
- ☐ In a medium pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned steaks and cook 3 to 5 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness.
- ☐ Transfer to a cutting board and let rest for at least 5 minutes.

4 Blanch & shock the green beans:

- ☐ While the steaks cook, fill a medium bowl with ice water; add a **pinch of salt** and set aside.
- ☐ To the pot of boiling water, add the **green beans**. Cook, stirring frequently, 2 to 3 minutes, or until bright green and slightly softened. Using a slotted spoon or strainer, immediately transfer the blanched green beans to the bowl of ice water; let stand until completely cool. Drain thoroughly and pat dry with paper towels. Transfer to a medium bowl.

5 Make the green bean salad:

- ☐ While the steaks rest, pick the **basil** leaves off the stems; discard the stems.
- ☐ To the bowl of **shocked green beans**, add the **marinated shallot** (including any marinating liquid), **almonds**, **half the basil** (tearing the leaves just before adding), and a drizzle of olive oil. Stir to combine; season with salt and pepper to taste.

6 Finish & plate your dish:

- ☐ To the bowl of **roasted potato**, add **as much of the garlic oil as you'd like**. Gently toss to combine; season with salt and pepper to taste.
- ☐ Find the lines of muscle (or grain) on the **rested steaks**; thinly slice crosswise against the grain.
- ☐ Divide the finished potato, **green bean salad**, and sliced steaks between 2 dishes. Garnish the salad with the **cheese**. Garnish the potato with the **remaining basil** (tearing the leaves just before adding). Enjoy!