

Fennel-Spiced Steaks

with Garlic Roasted Potato & Green Bean Salad

TIME: 25-35 minutes

SERVINGS: 2

A bit sweet and pleasantly herbal, fennel seeds are the key to tonight's restaurant-quality steaks. We're using them both whole and ground to season the meat, along with rosemary and sage: in a hot pan, the blend forms a delicious crust. The dish comes together with roasted potato, tossed with aromatic garlic oil, and a gourmet salad of crisp green beans, shaved parmesan, marinated shallot, and almonds.



MATCH YOUR BLUE APRON WINE



Bold & Spicy

Serve a bottle with this symbol for a great pairing.



Ingredients



2
STEAKS



1 clove
GARLIC



6 oz
GREEN BEANS



1
RUSSET POTATO

KNICK KNACKS:



2 Tbsps
ROASTED
ALMONDS



2 Tbsps
SHAVED
PARMESAN
CHEESE



1 Tbsp
STEAK SPICE
BLEND*



1
SHALLOT



1 Tbsp
WHITE WINE
VINEGAR

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



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



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. Top with **1 tablespoon of olive oil** and 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**. Set aside.
- Add the **green beans** to the pot of boiling water and cook, stirring frequently, 2 to 3 minutes, or until bright green and slightly softened.
- Using a slotted spoon or strainer, immediately transfer to the bowl of ice water. Let stand until the green beans are 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, to the bowl of **shocked green beans**, add the **marinated shallot** (including any marinating liquid), **almonds**, and a drizzle of olive oil. Stir to combine. Season with salt and pepper to taste.

6 Finish & plate your dish:

- Add **as much of the garlic oil as you'd like** to the bowl of **roasted potato**. 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**. Enjoy!