

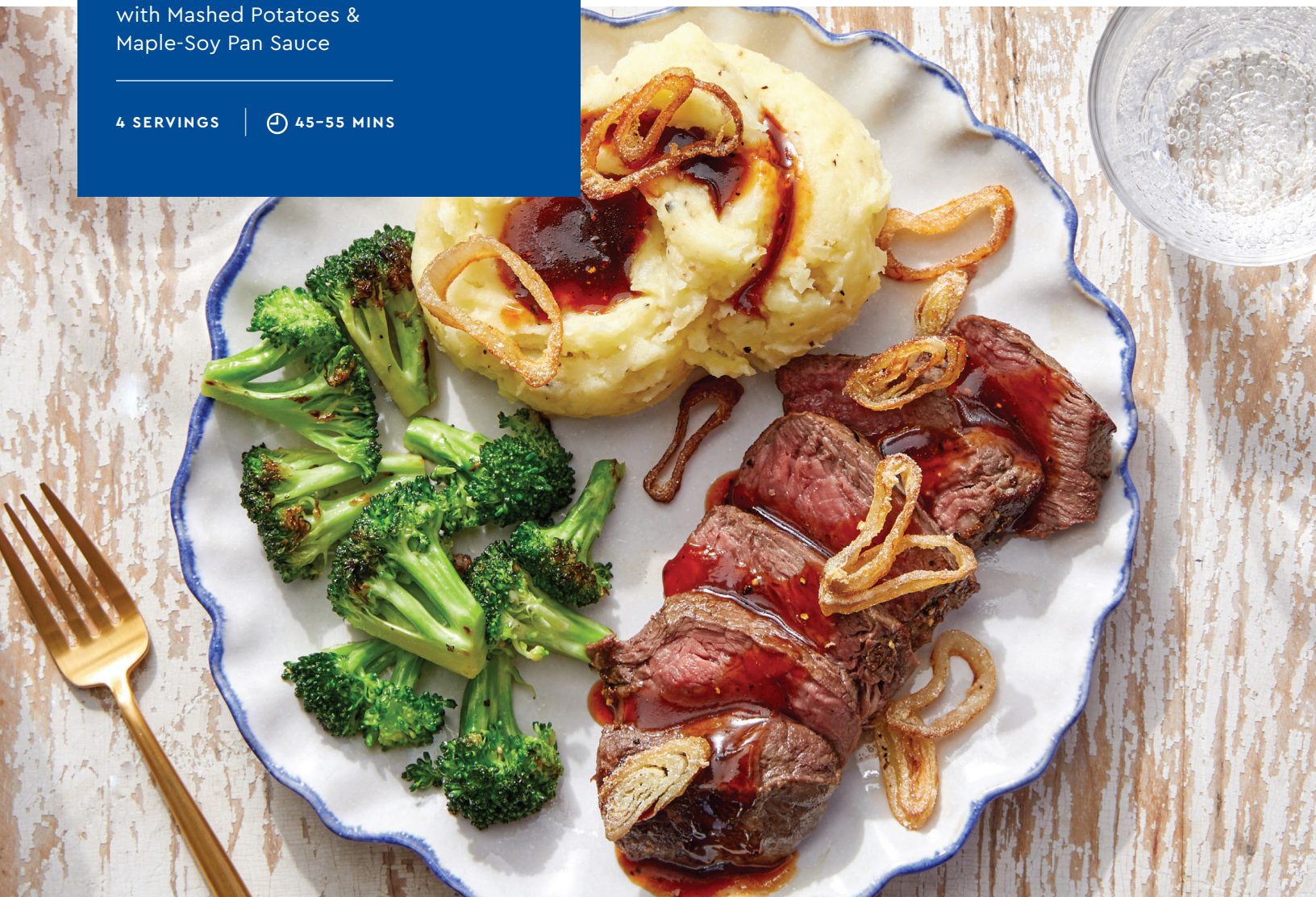
Seared Steaks & Crispy Shallot

with Mashed Potatoes & Maple-Soy Pan Sauce

4 SERVINGS














⌚ 45-55 MINS

 **Blue Apron**
blueapron.com



For this classic steakhouse-style meal, we're creating a unique twist on the steak sauce that tops our juicy steaks and cheesy mashed potatoes by calling on the rich sweetness of maple syrup, soy glaze, and a touch of ketchup.

Ingredients

- | | |
|--|--|
|  4 Steaks |  2 Tbsps Rice Vinegar |
|  1 ¼ lbs Golden or Red Potatoes |  1 ½ Tbsps Maple Syrup |
|  2 cloves Garlic |  4 oz Shredded Fontina Cheese |
|  1 lb Broccoli |  2 Tbsps Crème Fraîche |
|  1 Shallot |  ¼ cup Rice Flour |
|  1 Tbsp Ketchup |  ⅓ cup Chicken Bone Broth |
|  2 Tbsps Soy Glaze | |

Wellness at Blue Apron

To find out more about Wellness at Blue Apron visit us at blueapron.com/pages/wellness

CARB CONSCIOUS



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

1 Prepare the ingredients & start the sauce

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Peel the **shallot**; thinly slice into rounds, separating the layers.
- Cut off and discard the bottom $\frac{1}{2}$ inch of the **broccoli** stem; cut the broccoli into small florets.
- Peel and roughly chop **2 cloves of garlic**.
- In a bowl, whisk together the **soy glaze**, **ketchup**, **maple syrup**, **half the vinegar** (you will have extra), and **half the broth**.



2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water. Cook 17 to 19 minutes, or until tender when pierced with a fork.
- Turn off the heat. Drain thoroughly and return to the pot.
- Add the **cheese**, **crème fraîche**, and a drizzle of **olive oil**; season with salt and pepper. Using a fork or potato masher, mash to your desired consistency. Taste, then season with salt and pepper if desired. Cover to keep warm.



3 Make the crispy shallot

- Meanwhile, place the **flour** and **shallot** in a bowl; season with salt and pepper. Toss to thoroughly coat.
- In a large pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of flour sizzles immediately when added, add the **coated shallot** in an even layer (shaking off any excess flour). Cook, stirring frequently, 5 to 6 minutes, or until lightly browned and crispy.
- Transfer to a paper towel-lined plate; immediately season with salt.
- Wipe out the pan.



4 Cook the broccoli

- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **broccoli florets** in an even layer; season with salt and pepper. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **remaining broth** (carefully, as the liquid may splatter) and **$\frac{1}{4}$ cup of water**; loosely cover the pan with foil. Cook, stirring occasionally, 3 to 4 minutes, or until the liquid has cooked off.
- Add the **chopped garlic**. Cook, stirring frequently, 1 to 2 minutes, or until the broccoli is tender.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



5 Cook the steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook, turning occasionally, 8 to 10 minutes 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 cutting board. Let rest at least 5 minutes.



6 Finish the sauce & serve your dish

- To the pan of reserved fond, add the **sauce** (carefully, as the liquid may splatter). Cook on medium-high, stirring constantly and scraping up any fond, 2 to 3 minutes, or until slightly thickened. Turn off the heat. Taste, then season with salt and pepper if desired.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **mashed potatoes** and **cooked broccoli**. Top the steaks and potatoes with the **finished sauce** and **crispy shallot**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 710, Total Carbohydrates: 49g, Dietary Fiber: 6g, Added Sugars: 10g, Total Fat: 39g, Saturated Fat: 16g, Protein: 45g, Sodium: 1550mg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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