

Beef Medallions

with Mashed Potatoes & Balsamic Pan Sauce

TIME: 25-35 minutes

SERVINGS: 2

Tonight, we're serving a gourmet meal inspired by a winning entrée from the September 20 MasterChef Season 8 finale on FOX. We're topping tender pan-seared beef medallions with a showstopping pan sauce made from tangy balsamic vinegar, crème fraîche, and butter. Mashed Yukon Gold potatoes and spinach sautéed with shallot and garlic make for a pair of satisfying sides.



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Ingredients



1
BEEF ROAST



6 oz
SPINACH



3 cloves
GARLIC



¾ lb
YUKON GOLD
POTATOES

KNICK KNACKS:



2 Tbsps
CRÈME FRAÎCHE



2 Tbsps
BALSAMIC
VINEGAR



2 Tbsps
BUTTER



1
SHALLOT

Did You Know?

The city of
Modena, Italy is
famed for balsamic
vinegar, produced
there since 1046.



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1 Prepare the ingredients:

- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Peel and large dice the potatoes.
- ☐ Peel the garlic; roughly chop 1 clove, keeping the remaining cloves whole.
- ☐ Peel and mince the shallot.
- ☐ Slice the beef crosswise into 4 equal-sized pieces.

2 Cook & mash the potatoes:

- ☐ Add the **potatoes** and **whole garlic cloves** to the pot of boiling water. Cook 10 to 12 minutes, or until tender when pierced with a fork.
- ☐ Turn off the heat. Drain thoroughly and return to the pot. Add **half the butter** and a drizzle of olive oil. Using a fork, mash to your desired consistency; season with salt and pepper to taste. Set aside in a warm place.



3 Cook the spinach:

- ☐ While the potatoes cook, in a large pan, heat a drizzle of olive oil on medium-high until hot.
- ☐ Add the **chopped garlic** and **shallot**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add the **spinach** and season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until wilted.
- ☐ Transfer to a bowl. Cover with aluminum foil and set aside in a warm place. Rinse and wipe out the pan.

4 Cook the beef:

- ☐ While the potatoes continue to cook, pat the **beef** dry with paper towels; season with salt and pepper on both sides.
- ☐ In the same 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. Let rest for at least 5 minutes.



5 Make the pan sauce & plate your dish:

- ☐ While the beef rests, add the **vinegar** (be careful, as the vinegar may splatter) and cook on medium-high, stirring constantly and scraping up any fond from the bottom of the pan, 30 seconds to 1 minute, or until thoroughly combined. Turn off the heat.
- ☐ Stir in the **crème fraîche** and **remaining butter** until thoroughly combined. Season with salt and pepper to taste.
- ☐ Divide the **mashed potatoes**, **cooked spinach**, and **cooked beef** between 2 dishes. Top the beef with the pan sauce. Enjoy!

