

Seared Steaks & Mushroom Agrodolce

with Roasted Potatoes & Brussels Sprouts

4 SERVINGS | 35-45 MINS

 **Blue Apron**
blueapron.com



To elevate this steakhouse-style dish, we're topping our juicy seared steaks with tender mushrooms cooked with balsamic vinegar, sugar, and red pepper flakes—a nod to classic Italian agrodolce, or sweet-and-sour sauce.

Ingredients

-  4 Steaks
-  1 ½ lbs Golden or Red Potatoes
-  ½ lb Brussels Sprouts
-  ½ lb Mushrooms
-  ¼ cup Balsamic Vinegar
-  1 Tbsp Sugar
-  2 Tbsps Pickled Peruvian Peppers
-  ¼ cup Grated Parmesan Cheese
-  ¼ tsp Crushed Red Pepper Flakes
-  1 Tbsp Weeknight Hero Spice Blend*

*Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

Wellness at Blue Apron

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

600 CALORIES OR LESS



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

1 Prepare the ingredients

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Thinly slice the **mushrooms**.



2 Roast the potatoes & brussels sprouts

- Place the **diced potatoes** and **halved brussels sprouts** in a bowl. Drizzle with **1 tablespoon of olive oil**; season with salt, pepper, and enough of the **spice blend** to coat (you may have extra). Toss to thoroughly coat.
- Reserving the bowl, transfer to a sheet pan and arrange in an even layer.
- Roast 22 to 24 minutes, or until browned and tender when pierced with a fork.
- Transfer to the reserved bowl. Add the **cheese**; toss to coat. Taste, season with salt and pepper if desired.



3 Cook the steaks

- Meanwhile, pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- In a large pan, heat **2 teaspoons 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.



4 Make the mushroom agrodolce

- While the steaks rest, in the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced mushrooms** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper. Continue to cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- Add the **sugar**, **vinegar** (carefully, as the liquid may splatter), and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently and scraping up any fond, 1 to 3 minutes, or until the mushrooms are coated and the sauce is slightly thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.



5 Slice the steaks & serve your dish

- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **roasted potatoes and brussels sprouts**. Top the steaks with the **mushroom agrodolce**. Garnish with the **peppers**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 500, Total Carbohydrates: 40g, Dietary Fiber: 6g, Added Sugars: 5g, Total Fat: 20g, Saturated Fat: 7g, Protein: 40g, Sodium: 740mg.

**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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