

Steaks & Gochujang-Soy Sauce

with Broccoli & Mushroom Barley

2 SERVINGS

30-40 MINS

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Ingredients



2 Steaks 



½ lb Broccoli



1 Tbsp Sesame Oil



3 Tbsps Roasted
Peanuts



1 12-oz New York
Strip Steak 



4 oz Mushrooms



2 Tbsps Soy Glaze



½ cup Pearled
Barley



1 Tbsp Rice Vinegar



2 tsps Gochujang

*Ingredients may be replaced and quantities may vary.

1 Cook the barley

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **barley** and cook, uncovered, 28 to 30 minutes, or until tender.
- Turn off the heat. Drain thoroughly and return to the pot.



2 Prepare the ingredients & make the sauce

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the bottom $\frac{1}{2}$ inch of the **broccoli** stem; cut the broccoli into small florets.
- Cut the **mushrooms** into bite-sized pieces.
- Roughly chop the **peanuts**.
- In a medium bowl, combine the **soy glaze**, **half the vinegar**, and **as much of the gochujang** as you'd like, depending on how spicy you'd like the sauce to be.



3 Roast the vegetables

- Once the barley has cooked about 10 minutes, place the **broccoli florets** and **mushroom pieces** on a sheet pan.
- Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



4 Cook the steaks

- Meanwhile, pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- In a medium 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.*
- Transfer to a cutting board and let rest at least 5 minutes.



↺ CUSTOMIZED STEP 4 If you chose Strip Steak

- Follow the directions in Step 5, but cook the **steak** 5 to 7 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness.*

5 Finish the barley & serve your dish

- To the pot of **cooked barley**, add the **roasted vegetables**, **sesame oil**, **remaining vinegar**, and a drizzle of **olive oil**. Season with salt and pepper; stir to combine.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **finished barley** topped with the **sliced steaks**, **sauce**, and **chopped peanuts**. Enjoy!



↺ CUSTOMIZED STEP 5 If you chose Strip Steak

- Finish the barley and serve your dish as directed, but thinly slice the **steak**.

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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 730, Total Carbohydrates: 57g, Dietary Fiber: 11g, Added Sugars: 10g, Total Fat: 38g, Saturated Fat: 11g, Protein: 43g, Sodium: 1630mg.

**For information about our wellness labels visit us at blueapron.com/wellness. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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