

Seared Steaks & Mashed Potato

with Steak Sauce & Roasted Carrots

TIME: 30-40 minutes

SERVINGS: 2

To give our sweet, savory, tangy steak sauce even more flavor, we're quickly simmering it with garlic and scallions in the pan used to sear the steaks. Drizzled on top, the sauce adds delicious succulence to the simple, sophisticated dish, complete with roasted carrots and potato mashed with grated cheddar.



MATCH YOUR BLUE APRON WINE



Fruity & Savory

Serve a bottle with this symbol for a great pairing.



Ingredients



2
STEAKS



2 cloves
GARLIC



1/2 lb
RUSSET POTATO



2
SCALLIONS



4
CARROTS

KNICK KNACKS:



2 oz
CHEDDAR CHEESE



2 Tbsps
BUTTER



2 tps
MOLASSES



1 Tbsp
KETCHUP



1 Tbsp
SOY GLAZE



1 Tbsp
RED WINE
VINEGAR



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



1 Prepare the ingredients & start the steak sauce:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Peel the carrots; quarter lengthwise, then halve crosswise.
- ☐ Peel and large dice the potato.
- ☐ Grate the cheese on the large side of a box grater.
- ☐ Peel and roughly chop the garlic.
- ☐ Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- ☐ In a bowl, whisk together the **soy glaze, vinegar, molasses, ketchup,** and **¼ cup of water.**



2 Roast the carrots:

- ☐ Place the **carrots** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single layer.
- ☐ Roast 15 to 17 minutes, or until browned and tender when pierced with a fork. Remove from the oven. Season with salt and pepper to taste.

3 Cook & mash the potato:

- ☐ While the carrots roast, add the **potato** to the pot of boiling water and cook 14 to 16 minutes, or until tender when pierced with a fork. Turn off the heat.
- ☐ Drain thoroughly and return to the pot. Add the **cheese** and **butter**. Using a fork, mash to your desired consistency; season with salt and pepper to taste. Set aside in a warm place.



4 Cook the steaks:

- ☐ While the potato cooks, pat the **steaks** dry with paper towels. Season with salt and pepper 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.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest for at least 5 minutes.

5 Finish the steak sauce:

- ☐ While the steaks rest, add the **garlic** and **white bottoms of the scallions** to the pan of reserved fond. (If the pan seems dry, add a drizzle of olive oil.) Cook on medium-high, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add the **steak sauce** (be careful, as the liquid may splatter). Cook, stirring frequently and scraping up any fond from the bottom of the pan, 1 to 2 minutes, or until slightly thickened and heated through. Turn off the heat and season with salt and pepper to taste.



6 Slice the steaks & plate your dish:

- ☐ Find the lines of muscle (or grain) on the **rested steaks**; thinly slice crosswise against the grain.
- ☐ Divide the **mashed potato, roasted carrots,** and sliced steaks between 2 dishes. Top the steaks with the **finished steak sauce**. Garnish with the **green tops of the scallions**. Enjoy!