

Steak & Mashed Purple Potatoes

with Sautéed Green Beans & Tomatoes

2 SERVINGS

⌚ 25-35 MINS

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Ingredients

 1 8-oz Flank Steak 

 1 12-oz New York Strip Steak 

 ¾ lb Purple Potatoes

 6 oz Green Beans

 4 oz Grape Tomatoes

 2 cloves Garlic

 2 Scallions

 4 Tbsps Butter

 2 Tbsps Red Wine Vinegar

*Ingredients may be replaced and quantities may vary.

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Medium dice the **potatoes**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Cut off and discard any stem ends from the **green beans**.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **tomatoes**.



2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water. Cook 16 to 18 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 **2 teaspoons of olive oil**; season with salt and pepper. Using a fork or potato masher, mash to your desired consistency.
- Stir in the **sliced white bottoms of the scallions**. Taste, then season with salt and pepper if desired. Cover to keep warm.



3 Cook the steak

- Meanwhile, pat the **steak** dry with paper towels; season with salt and pepper on both sides.
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned steak. 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 plate. Let rest at least 5 minutes.



↩ CUSTOMIZED STEP 3 *If you chose Strip Steak*

- Follow the instructions in Step 3, but cook the steak 5 to 7 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness.*

4 Start the vegetables

- While the steak rests, in the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **green beans**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned.
- Add the **chopped garlic** and **halved tomatoes**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the tomatoes are slightly softened.



5 Finish the vegetables

- To the pan, add the **vinegar** (carefully, as the liquid may splatter) and $\frac{1}{4}$ **cup of water**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until most of the liquid has cooked off.
- Turn off the heat; stir in the **remaining butter** until melted and combined.



6 Slice the steak & serve your dish

- Reserving any juices on the plate, transfer the **rested steak** to a cutting board.
- Find the lines of muscle (or grain) on the rested steak; thinly slice crosswise against the grain.
- Transfer the reserved juices from the plate to the pan of **finished vegetables**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **sliced steak** with the **mashed potatoes** and **finished vegetables**. Garnish with the **sliced green tops of the scallions**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 670, Total Carbohydrates: 38g, Dietary Fiber: 6g, Added Sugars: 0g, Total Fat: 44g, Saturated Fat: 19g, Protein: 31g, Sodium: 1150mg.

**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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