

Caper Butter Steaks

with Garlic Mashed Potatoes & Roasted Brussels Sprouts

4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**

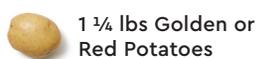
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 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*

 Serve with Blue Apron wine that has this symbol blueapron.com/wine

Ingredients



*Ingredients may be replaced and quantities may vary.

1 Prepare the ingredients

- Remove the **butter** from the refrigerator to soften.
- 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.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Peel **2 cloves of garlic**. Using the flat side of your knife, smash each clove once.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Core and medium dice the **apple**.
- Roughly chop the **capers**.



2 Cook & mash the potatoes

- Add the **diced potatoes** and **smashed garlic** to the pot of boiling water. Cook 17 to 19 minutes, or until tender when pierced with a fork.
- Turn off the heat. Drain thoroughly and return to the pot. Add the **sour cream** and a drizzle of **olive oil**. Season with salt and pepper. Using a fork or potato masher, mash to your desired consistency.



3 Roast the brussels sprouts & apple

- Meanwhile, place the **halved brussels sprouts** on a sheet pan. Drizzle with **1 tablespoon of olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer on one side of the sheet pan.
- Roast 8 minutes. Leaving the oven on, remove from the oven.
- Carefully add the **diced apple** to the other side of the sheet pan. Drizzle with **olive oil**; carefully stir to coat.



Step 3 continued:

- Return to the oven and roast 7 to 9 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven. Evenly top with the **vinegar**; carefully stir to combine.

4 Cook the steaks

- Meanwhile, pat the **steaks** dry with paper towels. Season with salt and pepper on all sides.
- In a large pan (nonstick, if you have one), heat **1 tablespoon 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. Let rest at least 5 minutes.



↻ CUSTOMIZED STEP 4 If you chose Strip Steaks

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

5 Make the caper butter & serve your dish

- While the steaks rest, in a bowl, combine the **softened butter** and **chopped capers**.
- Using a fork, mash to thoroughly combine.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **mashed potatoes** and **roasted brussels sprouts and apple**. Top the steaks with the **caper butter**. Enjoy!



↻ CUSTOMIZED STEP 5 If you chose Strip Steaks

- Make the caper butter and serve your dish as directed, but thinly slice the steaks.

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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 640, Total Carbohydrates: 42g, Dietary Fiber: 8g, Added Sugars: 0g, Total Fat: 38g, Saturated Fat: 16g, Protein: 37g, Sodium: 1070mg.

**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.

Blue Apron, LLC, New York, NY 10005

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