

# Miso & Soy Steak

*with Roasted Fall Vegetables*

**TIME:** 30-40 minutes

**SERVINGS:** 2

Classic steak and potatoes get an East Asian twist in this recipe. We're serving our seared ribeye for two with a savory-sweet pan sauce, made with soy and white miso. On the side, roasted sweet potato and turnip come together with sautéed kale in a delicious veggie medley. (Chefs, depending on what's best near you, you may receive white- or orange-fleshed sweet potato; red or purple turnip; and green curly, dark green lacinato, or red kale!)



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## Ingredients



1  
RIBEYE STEAK



2  
SCALLIONS



1 bunch  
KALE



1  
TURNIP



1  
SWEET POTATO

## KNICK KNACKS:



2 Tbsps  
BUTTER



1 Tbsp  
SOY GLAZE



1 tsp  
FURIKAKE



1 Tbsp  
RICE VINEGAR



1 Tbsp  
SWEET WHITE  
MISO PASTE



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### 1 Prepare & roast the vegetables:

- ☐ Place an oven rack in the center of the oven, then preheat to 425°F.
- ☐ Wash and dry the fresh produce.
- ☐ Medium dice the **sweet potato**. Peel and medium dice the **turnip**.
- ☐ Place on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- ☐ Roast, stirring halfway through, 24 to 26 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

### 2 Prepare the remaining ingredients & start the sauce:

- ☐ While the vegetables roast, cut off and discard the root ends of the **scallions**; thinly slice on an angle, separating the white bottoms and green tops.
- ☐ Remove and discard the **kale** stems; roughly chop the leaves.
- ☐ In a bowl, whisk together the **miso paste**, **soy glaze**, and  $\frac{1}{4}$  **cup of water** until smooth.

### 3 Cook the kale:

- ☐ While the vegetables continue to roast, in a medium pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **sliced white bottoms of the scallions** and **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the kale is slightly wilted.
- ☐ Add  $\frac{1}{4}$  **cup of water**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the kale has wilted and the water has cooked off. Turn off the heat.
- ☐ Stir in the **vinegar**; season with salt and pepper to taste. Transfer to a large bowl and set aside in a warm place. Rinse and wipe out the pan.

### 4 Cook the steak:

- ☐ While the vegetables continue to roast, pat the **steak** dry with paper towels; season with salt and pepper on both sides.
- ☐ In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned steak and cook 4 to 5 minutes on the first side, or until browned. Flip and cook 2 to 3 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 and let rest for at least 5 minutes.

### 5 Finish the sauce:

- ☐ While the steak rests, add the **sauce** to the pan of reserved fond. Cook on medium-high, stirring constantly and scraping up any fond, 30 seconds to 1 minute, or until slightly thickened. Turn off the heat.
- ☐ Stir in the **butter** until melted.

### 6 Finish & serve your dish:

- ☐ Transfer the **roasted vegetables** to the bowl of **cooked kale**. Toss to combine; season with salt and pepper to taste.
- ☐ Find the lines of muscle (or grain) on the **rested steak**; thinly slice crosswise against the grain.
- ☐ Serve the sliced steak with the **finished sauce** and finished vegetables. Garnish with the **sliced green tops of the scallions**. Garnish the vegetables with the **furikake**. Enjoy!

