

Beef Medallions & Brown Butter Caper Sauce

with Italian-Spiced Potatoes & Turnip

TIME: 30-40 minutes

SERVINGS: 2

In this simple take on steakhouse fare, tender beef medallions complement a duo of potatoes and turnip—roasted with dried basil, sage, oregano, and more. We're serving a pan sauce of toasty brown butter and briny capers to bring it all together. (Your turnip may be red or purple-topped, and your chard may have green, white, yellow, or red stems!)



MATCH YOUR BLUE APRON WINE



Fruity & Savory

Serve a bottle with this symbol for a great pairing.



Ingredients



4
BEEF MEDALLIONS



2 cloves
GARLIC



1 bunch
CHARD



1
TURNIP



3/4 lb
YUKON GOLD
POTATOES

KNICK KNACKS:



2 Tbsps
BUTTER



1 Tbsp
RED WINE
VINEGAR



1 Tbsp
ITALIAN
SEASONING*



2 tsps
CAPERS



1/4 tsp
CRUSHED RED
PEPPER FLAKES

* Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme, & Marjoram



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1 Prepare & roast the vegetables:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Cut the **turnip** into 1/2-inch-thick rounds, then into 1/2-inch-thick sticks. Cut the **potatoes** lengthwise into 1/2-inch-thick sticks.
- ☐ Place on a sheet pan. Drizzle with olive oil and season with salt, pepper, and **half the Italian seasoning**; toss to coat. Arrange in an even layer.
- ☐ Roast, flipping halfway through, 24 to 26 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.

2 Prepare the remaining ingredients:

- ☐ While the vegetables roast, peel and roughly chop the **garlic**.
- ☐ Separate the **chard** leaves and stems; roughly chop the leaves and thinly slice the stems.



3 Cook the chard:

- ☐ While the vegetables continue to roast, in a medium pan, heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **chopped garlic** and **sliced chard stems**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened and fragrant.
- ☐ Add the **chopped chard leaves, half the vinegar, and 2 tablespoons of water**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the leaves have wilted and the liquid has cooked off.
- ☐ Transfer to a bowl and season with salt and pepper to taste. Rinse and wipe out the pan.



4 Cook the beef:

- ☐ While the vegetables continue to roast, pat the **beef** dry with paper towels; season on both sides with salt, pepper, and **as much of the remaining Italian seasoning as you'd like**.
- ☐ In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned beef and cook 2 to 4 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, divide between 2 plates and let rest for at least 5 minutes.

5 Make the brown butter sauce:

- ☐ While the beef rests, add the **butter** to the pan of reserved fond and heat on medium-high until melted. Cook, stirring frequently and swirling the pan, 1 to 2 minutes, or until browned and nuttily fragrant. (Be careful not to overcook, as the butter can burn easily.)
- ☐ Turn off the heat. Stir in the **capers, remaining vinegar, and as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper to taste.



6 Serve your dish:

- ☐ Serve the **rested beef** with the **roasted vegetables** and **cooked chard**. Top the beef with the **brown butter sauce**. Enjoy!