

Seared Beef Medallions

with Roasted Vegetables & Rosemary Pan Sauce

TIME: 40-50 minutes

SERVINGS: 4

This hearty steakhouse meal pairs juicy steak medallions with a quick, savory pan sauce made with chicken broth and rosemary, for crowd-pleasing results.



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Bold & Spicy

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Ingredients



8

BEEF MEDALLIONS



3

RUSSET POTATOES



1 lb

BROCCOLI



1 bunch

ROSEMARY



2 Tbsps
BUTTER



1
SHALLOT



1 Tbsp
RED WINE
VINEGAR



1/3 cup
CHICKEN BONE
BROTH



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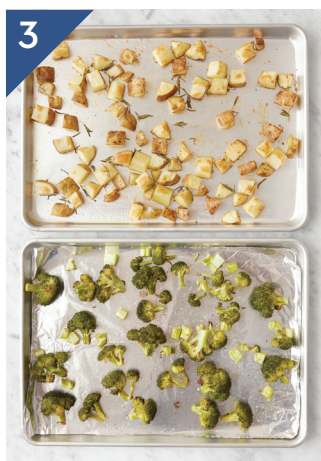


1 Prepare the ingredients:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Large dice the **potatoes**. Pick the **rosemary** leaves off the stems; discard the stems. Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into large pieces.
- ☐ Peel and finely chop the **shallot**.

2 Season the potatoes & broccoli:

- ☐ Place the **diced potatoes** and **half the rosemary leaves** 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.
- ☐ Line a separate sheet pan with aluminum foil. Place the **broccoli pieces** on the foil. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.



3 Roast the potatoes & broccoli:

- ☐ Roast the **seasoned potatoes** and **seasoned broccoli** 29 to 31 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

4 Cook the beef:

- ☐ Once the potatoes and broccoli have roasted for about 10 minutes, pat the **beef** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned beef; cook 2 to 3 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 for at least 5 minutes.



5 Make the pan sauce:

- ☐ While the beef rests, add the **sliced shallot** and **remaining rosemary leaves** to the pan of reserved fond; season with salt and pepper. (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 **vinegar** (be careful, as the liquid may splatter); cook, stirring constantly, 30 seconds to 1 minute, or until the liquid has cooked off.
- ☐ Add the **broth** and cook, stirring constantly and scraping up any fond from the bottom of the pan, 30 seconds to 1 minute, or until the liquid is slightly reduced in volume.
- ☐ Turn off the heat and stir in the **butter** until melted. Season with salt and pepper to taste.



6 Serve your dish:

- ☐ Serve the **rested beef** with the **roasted potatoes** and **roasted broccoli**. Top the beef with the **pan sauce** and any remaining juices from the plate. Enjoy!