

# Seared Beef Medallions

with Roasted Broccoli & Rosemary Pan Sauce

**TIME:** 45-55 minutes

**SERVINGS:** 4

This hearty steakhouse meal pairs juicy beef medallions with a quick, savory pan sauce. Chicken bone broth gives our sauce deep flavor, simmered with rosemary for a woody lift. It's the perfect match for a side of roasted potatoes, seasoned with a bit more rosemary.



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## Ingredients



8

BEEF MEDALLIONS



3

RUSSET POTATOES



1 lb

BROCCOLI



1/3 cup

CHICKEN BONE  
BROTH



2 Tbsps  
BUTTER



1

SHALLOT



1 Tbsp  
RED WINE  
VINEGAR



1 bunch  
ROSEMARY

### Did You Know?

This broth was developed by award-winning chef Marco Canora of Brodo Broth Co.



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## 1 Prepare the ingredients:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Large dice the **potatoes**.
- ☐ Cut off and discard the bottom ½ inch of the **broccoli** stem; cut the broccoli into large pieces, keeping the florets intact.
- ☐ Pick the **rosemary** leaves off the stems; discard the stems.
- ☐ Peel and finely chop the **shallot**.



## 2 Season & roast the vegetables:

- ☐ 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.
- ☐ 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.



## 3 Cook the beef:

- ☐ Once the vegetables 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. Working in batches if necessary, add the seasoned beef; 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, transfer to a plate. Let rest for at least 5 minutes.



## 4 Make the pan sauce:

- ☐ While the beef rests, add 1 tablespoon of olive oil to the pan of reserved fond; heat on medium-high until hot. Add the **diced shallot** and **remaining rosemary leaves**; season with salt and pepper. Cook, 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, 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.

## 5 Serve your dish:

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

