

# Beef Medallions & Mushroom Sauce

with Mashed Potatoes

**TIME:** 35-45 minutes

**SERVINGS:** 2

In this easy recipe, inspired by steak Diane (an American restaurant classic), we're searing beef medallions, then using the fond in the pan to make a rich, bright mushroom sauce for spooning on top. Garlic mashed potatoes and sautéed kale make for delicious, simple sides.



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## Ingredients



4  
BEEF MEDALLIONS



4 oz  
CREMINI  
MUSHROOMS



2 cloves  
GARLIC



¾ lb  
YUKON GOLD  
POTATOES



1 bunch  
KALE

## KNICK KNACKS:



1  
SHALLOT



2 Tbsps  
BUTTER



1 Tbsp  
DIJON MUSTARD



2 Tbsps  
VERJUS BLANC



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## 1 Prepare the ingredients:

- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Large dice the **potatoes**.
- ☐ Peel the **garlic**. Using the flat side of your knife, smash 1 clove to flatten. Roughly chop the remaining clove.
- ☐ Peel and thinly slice the **shallot**.
- ☐ Remove and discard the stems of the **kale**; roughly chop the leaves.
- ☐ Thinly slice the **mushrooms**.

## 2 Cook & mash the potatoes:

- ☐ Add the **diced potatoes** and **smashed garlic** to the pot of boiling water and cook 13 to 15 minutes, or until tender when pierced with a fork. Turn off the heat.
- ☐ Drain thoroughly and return to the pot. Add **half the butter** and a drizzle of olive oil. Using a fork, mash to your desired consistency. Season with salt and pepper to taste. Cover to keep warm.



## 3 Cook the kale:

- ☐ While the potatoes cook, in a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **sliced shallot**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened.
- ☐ Add the **chopped kale** and **¼ cup of water**; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until the kale has wilted and the water has cooked off.
- ☐ Transfer to a bowl and season with salt and pepper to taste. Cover with aluminum foil to keep warm. Rinse and wipe out the pan.



## 4 Cook the beef:

- ☐ While the potatoes continue to cook, pat the **beef** dry with paper towels. Season with salt and pepper on both sides.
- ☐ In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned beef and 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 and let rest for at least 5 minutes.

## 5 Make the mushroom sauce:

- ☐ While the beef rests, add a drizzle of olive oil to the pan of reserved fond and heat on medium-high until hot. Add the **sliced mushrooms** in an even layer. Cook, without stirring, 2 to 3 minutes, or until browned.
- ☐ Add the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant.
- ☐ Add the **mustard, verjus, and 2 tablespoons of water** (be careful, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until thoroughly combined.
- ☐ Turn off the heat and stir in the **remaining butter** until melted. (If the sauce seems too thick, gradually add up to 2 tablespoons of water to achieve your desired consistency.) Season with salt and pepper to taste.



## 6 Serve your dish:

- ☐ Serve the **rested beef** with the **mashed potatoes** and **cooked kale**. Top the beef and potatoes with the **mushroom sauce**. Enjoy!