

Pan-Seared Steaks & Aioli

with Crispy Gnocchi & Sautéed Green Beans

2 SERVINGS

⌚ 30-40 MINS

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Ingredients



2 Steaks 



2 cloves Garlic



2 Tbsp Mayonnaise



2 Flank Steaks 



6 oz Green Beans



1 Tbsp Capers



3/4 lb Gnocchi



2 Scallions



1/4 tsp Crushed Red Pepper Flakes

*Ingredients may be replaced and quantities may vary.

1 Prepare the ingredients & make the aioli

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut off and discard any stem ends from the **green beans**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel **2 cloves of garlic**. Roughly chop 1 clove. Using a zester or the small side of a box grater, finely grate the remaining clove into a paste.
- In a bowl, combine the **mayonnaise** and **as much of the garlic paste as you'd like**. Season with salt and pepper.



2 Cook the steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook, turning occasionally, 8 to 10 minutes for medium-rare, or until browned and cooked to your desired degree of doneness.* Turn off the heat.
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest at least 5 minutes.



CUSTOMIZED STEP 2 *If you chose Flank Steaks*

- Follow the directions in Step 2, but cook the steaks 3 to 5 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness.*

3 Blanch & finish the green beans

- Meanwhile, add the **green beans** to the pot of boiling water. Cook 2 to 3 minutes, or until bright green and slightly tender.
- Leaving the pot of water boiling, using a slotted spoon or tongs, transfer the green beans to a paper towel-lined plate and pat dry.



Step 3 continued:

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced white bottoms of the scallions**. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Add the **blanched green beans**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until lightly browned.
- Transfer to a bowl; cover with foil to keep warm.
- Wipe out the pan.

4 Cook the gnocchi

- Add the **gnocchi** to the same pot of boiling water. Cook 2 to 3 minutes, or until the gnocchi float to the top of the pot. Turn off the heat.
- Drain thoroughly.



5 Finish the gnocchi

- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **cooked gnocchi** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper.
- Add the **chopped garlic**, **capers**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 1 to 2 minutes, or until combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.



6 Slice the steaks & serve your dish

- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **finished gnocchi** and **finished green beans**. Top the steaks with the **aioli**. Garnish with the **sliced green tops of the scallions**. Enjoy!



*An instant-read thermometer should register 145°F.

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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC, New York, NY 10005

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