

Seared Steaks & Mashed Potatoes

with Sautéed Carrots & Homemade Steak Sauce

4 SERVINGS

40-50 MINS

 Blue Apron

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Ingredients

 4 Steaks 

 1 ¾ lbs Golden or Red Potatoes

 3 Tbsps Ketchup

 2 Tbsps Vegetarian Worcestershire Sauce

 2 Tbsps Red Wine Vinegar

 4 Flank Steaks 

 2 Scallions

 1 Tbsp Light Brown Sugar

 ¼ cup Buttermilk

 ¼ cup Sour Cream

 ¾ cup Low-Fat Milk

 2 cloves Garlic

 ¾ lb Carrots

 2 Tbsps Soy Glaze

*Ingredients may be replaced and quantities may vary.

1 Prepare the ingredients & start the steak sauce

- 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.
- Medium dice the **potatoes**.
- Peel the **carrots** and thinly slice on an angle.
- Peel and roughly chop **2 cloves of garlic**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a bowl, whisk together the **soy glaze, vinegar, sugar, ketchup, worcestershire sauce, sliced white bottoms of the scallions, and 2 tablespoons of warm water** until the sugar has dissolved. Season with salt and pepper.



2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water. Cook 17 to 19 minutes, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **sour cream, buttermilk, half the milk** (you will have extra) and **1 tablespoon of olive oil**. Using a fork or potato masher, mash to your desired consistency. Taste, then season with salt and pepper if desired.
- Cover to keep warm.



3 Cook the carrots

- Meanwhile, in a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **sliced carrots**; season with salt and pepper. Cook, stirring occasionally, 5 to 6 minutes, or until slightly softened.
- Add the **chopped garlic**. Cook, stirring frequently, 30 seconds to 1 minute, or until softened.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



4 Cook the steaks

- Pat the **steaks** dry with paper towels. Season with salt and pepper on all sides.
- In the same pan, heat **2 tablespoons 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.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board. Let rest at least 5 minutes.



↻ CUSTOMIZED STEP 4 *If you chose Flank Steaks*

- Follow the directions in Step 4, but cook the steaks 3 to 5 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness.*

5 Finish the steak sauce

- While the steaks rest, add the **sauce** (carefully, as the liquid may splatter) to the pan of reserved fond. Cook on medium-high, stirring constantly and scraping up any fond, 1 to 2 minutes, or until slightly thickened.
- 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 **mashed potatoes** and **cooked carrots**. Top the steaks with the **finished steak sauce**. Garnish with the **sliced green tops of the scallions**. Enjoy!



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

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Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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