

# Seared Steaks & Sesame Mashed Potatoes

with Charred Shishito Agrodolce & Bok Choy

2 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**  
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## Ingredients



2 Steaks



2 cloves Garlic



2 Scallions



1 Tbsp Honey



$\frac{3}{4}$  lb Golden or Red Potatoes



1 Navel Orange



1 Tbsp Red Wine Vinegar



1 Tbsp Sesame Oil



10 oz Baby Bok Choy



3 oz Shishito Peppers



1 oz Butter



1 tsp Black & White Sesame Seeds



BLUE APRON  
x  
**Chef Roy Yamaguchi**

For 4 weeks, Blue Apron is honored to be partnering with Chef Roy Yamaguchi—an award winning, Japanese-American chef and co-founder of Hawaii Regional Cuisine—to bring you a series of recipes that showcase his passion for blending techniques from his classical French restaurant training with the sunny flavors of Hawaii.



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## 1 Prepare the ingredients & start the agrodolce

- Remove the **honey** from the refrigerator to bring to room temperature.
- 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 **2 cloves of garlic**.
- Cut off and discard the root ends of the **bok choy**; roughly chop.
- Thinly slice the **scallions**.
- Halve the **orange** crosswise; squeeze the juice into a medium bowl to get **2 tablespoons** (you may have extra).
- To the bowl of **orange juice**, add the **honey** (kneading the packet before opening) and **vinegar**; season with salt and pepper. Whisk until the honey has dissolved.
- Cut off and discard the stems of the **peppers**; halve lengthwise, then remove the seeds. Thoroughly wash your hands, knife, and cutting board immediately after handling.



## 2 Cook & mash the potatoes

- Add the **diced potatoes** and **garlic cloves** to the pot of boiling water and cook 16 to 18 minutes, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **sesame oil** and **butter**; season with salt and pepper. Using a fork or potato masher, mash to your desired consistency.
- Taste, then season with salt and pepper if desired.



## 3 Char & slice the peppers

- Meanwhile, in a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **halved peppers** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned; season with salt and pepper. Continue to cook, stirring occasionally, 2 to 3 minutes, or until charred and softened.
- Transfer to a cutting board. When cool enough to handle, thinly slice crosswise.
- 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 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook, turning occasionally, 8 to 12 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 and let rest at least 5 minutes.



## 5 Cook the bok choy

- While the steaks rest, heat the pan of reserved fond on medium-high until hot (if the pan seems dry, add a drizzle of olive oil).
- Add the **chopped bok choy** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper. Continue to cook, stirring occasionally, 1 to 2 minutes, or until softened.
- Transfer to a bowl.
- Wipe out the pan.



## 6 Finish the agrodolce & serve your dish

- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **sliced scallions**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened.
- Add the **agrodolce** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until slightly thickened.
- Add the **sliced peppers**. Cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly coated and combined. Turn off the heat.
- 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 bok choy**. Top the steaks with the **finished agrodolce**. Garnish the bok choy with the **sesame seeds**. Enjoy!



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