

Seared Steaks & Sesame Mashed Potatoes

with Charred Shishito Agrodolce & Bok Choy

4 SERVINGS

⌚ 45-55 MINS

 **Blue Apron**
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Ingredients



4 Steaks



2 cloves Garlic



2 Scallions



2 Tbsps Honey



1 ¼ lbs Golden or Red Potatoes



1 Navel Orange



1 Tbsp Red Wine Vinegar



1 Tbsp Sesame Oil



15 oz Baby Bok Choy



6 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 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 **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 large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **halved peppers** in an even layer. Cook, without stirring, 3 to 4 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 **1 tablespoon 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. Taste, then season with salt and pepper if desired.
- 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.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. 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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