

# Parmesan-Crusted Steaks

with Mashed Potatoes  
& Broccoli

**TIME:** 35-45 minutes

**SERVINGS:** 2

Before baking them, you'll top these steaks with a combination of parmesan, breadcrumbs, spices, and lemon, resulting in a savory, smoky crust. They pair perfectly with potatoes mashed with creamy labneh.



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## Ingredients



2  
STEAKS



1  
PINK LEMON



1/2 lb  
BROCCOLI



3/4 lb  
GOLDEN  
POTATOES

**Did You Know?**  
*Pink lemons were discovered in California around 1930.*

## KNICK KNACKS:



1/4 cup  
PANKO  
BREADCRUMBS



1/4 cup  
GRATED  
PARMESAN  
CHEESE



1/4 cup  
LABNEH CHEESE



1 Tbsp  
SMOKY SPICE  
BLEND\*

\* Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder, & Onion Powder



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## 1 Prepare the ingredients:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Large dice the **potatoes**.
- ☐ Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small pieces, keeping the florets intact.
- ☐ Using a peeler, remove the rind of the **lemon**, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.



## 2 Cook & mash the potatoes:

- ☐ Add the **diced potatoes** to the pot of boiling water and cook 14 to 16 minutes, or until tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the pot.
- ☐ Add the **labneh** and a drizzle of olive oil; season with salt and pepper. Using a fork, mash to your desired consistency. Season with salt and pepper to taste. Cover to keep warm.



## 3 Start the broccoli:

- ☐ While the potatoes cook, line a sheet pan with aluminum foil. Place the **broccoli pieces** on the foil. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer on one side of the sheet pan.
- ☐ Roast 9 to 11 minutes, or until slightly tender when pierced with a fork. Leaving the oven on, remove from the oven.



## 4 Make the parmesan-breadcrumb topping:

- ☐ While the broccoli roasts, in a bowl, combine the **breadcrumbs**, **parmesan cheese**, **lemon zest**, **spice blend**, and the **juice of 2 lemon wedges**. Stir in enough olive oil to create a rough paste; season with salt and pepper.



## 5 Start the steaks:

- ☐ While the broccoli continues to roast, pat the **steaks** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a medium pan, heat a drizzle of olive oil on medium-high until hot. Add the seasoned steaks and cook 3 to 4 minutes per side, or until browned.
- ☐ Carefully transfer to the other side of the sheet pan of **roasted broccoli**. Evenly top the browned steaks with the **parmesan-breadcrumb topping** (carefully pressing to adhere).



## 6 Finish & serve your dish:

- ☐ Roast the **browned steaks and roasted broccoli** 7 to 9 minutes for medium-rare steaks, or until the steaks are cooked to your desired degree of doneness and the broccoli is tender when pierced with a fork. Remove from the oven. Transfer the roasted steaks to a plate and let rest at least 5 minutes.
- ☐ While the steaks rest, evenly top the broccoli with the **juice of the remaining lemon wedges**.
- ☐ Serve the rested steaks with the finished broccoli and **mashed potatoes**. Enjoy!