

Seared Steaks & Mashed Potatoes

with Braised Cabbage & Apple

TIME: 50-60 minutes

SERVINGS: 4

To elevate the classic duo of seared steaks and mashed potatoes, we're braising cabbage and apple—cooking them with liquid in a covered pan—for tender and sweet results. It all comes together with a rich pan sauce.



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Ingredients



4
STEAKS



3
RUSSET POTATOES



1
YELLOW ONION



4 Tbsps
BUTTER



1 Tbsp
RED WINE
VINEGAR



1
APPLE



1/2 lb
CABBAGE



1 Tbsp
SUGAR



3 Tbsps
GRASSFED BEEF
DEMI-GLAZE



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1 Prepare the ingredients:

- ☐ Heat a large pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Peel and large dice the **potatoes**.
- ☐ Quarter and core the **apple**; thinly slice lengthwise. Peel and thinly slice the **onion**.
- ☐ Cut out and discard the core of the **cabbage**; thinly slice the leaves.

2 Cook & mash the potatoes:

- ☐ Add the **diced potatoes** 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 **half the butter** and a drizzle of olive oil. Using a fork, mash to your desired consistency; season with salt and pepper to taste. Cover to keep warm.



3 Cook the apple & onion:

- ☐ While the potatoes cook, in a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **sliced apple and onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until slightly softened.

4 Add the cabbage:

- ☐ Add the **sliced cabbage** to the pan; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until slightly softened.
- ☐ Reduce the heat to medium-low. Stir in the **vinegar, sugar, and ¼ cup of water**. Loosely cover the pan with aluminum foil (or a lid) and cook 12 to 14 minutes, or until softened; season with salt and pepper to taste.
- ☐ Transfer to a bowl and loosely cover with aluminum foil to keep warm. Rinse and wipe out the pan.



5 Cook the steaks:

- ☐ Pat the **steaks** dry with paper towels; season with salt and pepper on both 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 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 plate and let rest at least 5 minutes.



6 Make the pan sauce & serve your dish:

- ☐ While the steaks rest, to the pan of reserved fond, add the **demi-glaze, remaining butter, and ¼ cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook on medium-high, stirring frequently and scraping up any fond, 1 to 2 minutes, or until thoroughly combined and slightly thickened. Turn off the heat and season with salt and pepper to taste.
- ☐ Serve the **rested steaks** with the **braised cabbage** and **mashed potatoes**. Top the steaks with the pan sauce. Enjoy!