

Pan-Seared Steaks & Green Beans

with Sour Cream &
Cheesy Scallion Potato Cakes

2 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**
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 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*

Ingredients

Customized ingredients



2 Steaks 

SWAPPED FOR:



2 Flank Steaks 



1 Tbsp Sherry Vinegar



1 Tbsp Sugar



6 oz Green Beans



2 Scallions



½ cup Potato Flakes



2 oz Monterey Jack Cheese



4 oz Grape Tomatoes



½ cup Biscuit Mix



¾ cup Sour Cream



2 Tbsps Vegetarian Worcestershire Sauce



Serve with Blue Apron wine that has this symbol
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*Ingredients may be replaced and quantities may vary.

1 Prepare the ingredients & marinate the tomatoes

- Wash and dry the fresh produce.
- Thinly slice the **scallions**.
- Grate the **cheese** on the large side of a box grater.
- Cut off and discard any stem ends from the **green beans**.
- Halve the **tomatoes**.
- In a medium bowl, whisk together the **sugar, vinegar, and half the worcestershire sauce** until the sugar has dissolved. Add the **halved tomatoes**; season with salt and pepper. Stir to coat. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



2 Make the batter

- Meanwhile, in a medium bowl, combine the **potato flakes, biscuit mix, sliced scallions, grated cheese, and 2/3 cup of water**; season with salt and pepper.
- Set aside to let the batter rest.



3 Cook the steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook, turning occasionally, 8 to 10 minutes for medium-rare (125°F), 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 loosely cover with foil to keep warm. Let rest at least 5 minutes.



CUSTOMIZED STEP 3 If you chose Flank Steaks

- Follow the directions in Step 3, but cook the steaks 3 to 5 minutes per side for medium-rare (125°F), or until browned and cooked to your desired degree of doneness.*

4 Cook the green beans

- While the steaks rest, add the **green beans** to the pan of reserved fond (if the pan seems dry, add a drizzle of olive oil). Cook on medium-high, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until the water has cooked off.
- Add the **remaining worcestershire sauce**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until the green beans are coated.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Rinse and wipe out the pan.



5 Cook the potato cakes & serve your dish

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Scoop the **batter** into the pan to make 4 equal-sized cakes, keeping them separate. Using the back of a spoon, gently flatten each cake into a 3- to 5-inch diameter. Cook 4 to 5 minutes per side, or until golden brown and cooked through. 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 **cooked potato cakes** and **cooked green beans**. Top the potato cakes with the **sour cream**. Top the steaks with the **marinated tomatoes** (including as much of the liquid as you'd like). Enjoy!



*The USDA recommends a minimum safe cooking temperature of 145°F for steak. Cook the steaks an additional 2 to 3 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.

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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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