

Steaks & Black Bean-Butter Sauce

with Miso Kale & Gochujang Potatoes

4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



 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



4 Steaks 

SWAPPED FOR:



4 Flank Steaks 



1 Tbsp Sesame Oil



2 Tbsps Rice Vinegar



1 tsp Black & White Sesame Seeds



1 ¼ lbs Golden Potatoes



2 Scallions



2 Tbsps Black Bean Sauce



1 oz Butter



1 bunch Kale



1 Tbsp Gochujang



1 Tbsp Sweet White Miso Paste



1 Tbsp Light Brown Sugar



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



13 13 10

SmartPoints® value per serving (as packaged)



Scan this barcode in your WW app to track SmartPoints.

Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

If you customized this recipe, your SmartPoints may differ from what's above.

To learn more about WW and SmartPoints visit www.ww.com. The WW logo, SmartPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

*Ingredients may be replaced and quantities may vary.

Learn more at blueapron.com/pages/wellness

1 Prepare the ingredients & start the sauce

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Large dice the **potatoes**.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a bowl, whisk together the **black bean sauce**, **sugar**, $\frac{1}{2}$ **cup of water**, and **half the vinegar** (you will have extra) until the sugar has dissolved. Season with salt and pepper.



2 Roast the potatoes

- In a large bowl, whisk together the **sesame oil** and **as much of the gochujang as you'd like**, depending on how spicy you'd like the potatoes to be.
- Add the **diced potatoes**; season with salt and pepper. Toss to thoroughly coat.
- Transfer to a sheet pan; arrange in an even layer.
- Roast 24 to 26 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



3 Cook the kale

- Meanwhile, in a large pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **sliced white bottoms of the scallions**. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened.
- Add the **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly wilted.
- Add the **miso paste** and $\frac{1}{2}$ **cup of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 3 to 4 minutes, or until the kale is wilted and the water has cooked off.
- Transfer to a bowl; cover with foil to keep warm.
- Rinse and 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 tablespoons 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 let rest at least 5 minutes.



CUSTOMIZED STEP 4 If you chose Flank Steaks

- Follow the directions in Step 4, but cook the steaks 3 to 5 minutes per side, or until browned and cooked to your desired degree of doneness.*

5 Finish the sauce & serve your dish

- While the steaks rest, add the **sauce** to the pan of reserved fond (carefully, as the liquid may splatter). Cook on medium-high, stirring frequently and scraping up any fond, 3 to 5 minutes, or until slightly thickened.
- Turn off the heat. Stir in the **butter** until melted and combined. 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 **roasted potatoes** and **cooked kale**. Top the steaks with the **finished sauce**. Garnish with the **sesame seeds** and **sliced green tops of the scallions**. 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.

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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