

Seared Steaks

with *Lemon-Parmesan Kale & Roasted Potatoes*

TIME: 30-40 minutes

SERVINGS: 2

This steakhouse-style recipe is complete with a side of sautéed kale, which gets an easy lift from parmesan cheese and lemon juice.



MATCH YOUR BLUE APRON WINE



Bold & Spicy

Serve a bottle with this symbol for a great pairing.



Ingredients



2
STEAKS



¾ lb
RED POTATOES



2 cloves
GARLIC



1
LEMON



1 bunch
KALE

KNICK KNACKS:



¼ cup
GRATED
PARMESAN
CHEESE



¼ cup
CREAM



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1 Roast the potatoes:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Cut the **potatoes** lengthwise into 1-inch-wide wedges. Place on a sheet pan. Drizzle with olive oil and season with salt and pepper; turn to coat. Arrange in an even layer, skin side down.
- ☐ Roast 25 to 27 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

2 Prepare the ingredients:

- ☐ While the potatoes roast, peel and roughly chop the **garlic**. Remove and discard the stems of the **kale**; finely chop the leaves.
- ☐ Quarter and deseed the **lemon**.



3 Cook the steaks:

- ☐ Once the potatoes have roasted about 10 minutes, pat the **steaks** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a medium pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned steaks and cook 3 to 5 minutes per side 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. Let rest at least 5 minutes.

4 Cook the kale:

- ☐ While the steaks rest, add 2 teaspoons of olive oil to the pan of reserved fond and heat on medium-high until hot. Add the **chopped garlic and kale**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the kale is slightly wilted.
- ☐ Add **¼ cup of water** and the **cream** (shaking the bottle before opening); season with salt and pepper. Cook, stirring occasionally and scraping up any fond, 2 to 3 minutes, or until the kale is wilted.
- ☐ Turn off the heat and stir in **half the cheese** and the **juice of 2 lemon wedges**. Season with salt and pepper to taste.



5 Slice the steaks & serve your dish:

- ☐ Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- ☐ Serve the sliced steaks with the **roasted potatoes, cooked kale, and remaining lemon wedges** on the side. Garnish the kale with the **remaining cheese**. Enjoy!

