

Seared Steaks & Maple Sweet Potato Mash

with Roasted Broccoli

TIME: 25-35 minutes

SERVINGS: 4

An easy sauce made with beef demi-glace adds rich flavor to our steaks, while spicy maple syrup adds a hint of heat to our creamy sweet potato mash.



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Ingredients



4
STEAKS



1 1/2 lbs
SWEET POTATOES



2 Tbsps
SPICY MAPLE
SYRUP



4 Tbsps
BUTTER



1 lb
BROCCOLI



2 Tbsps
SHERRY VINEGAR



3 Tbsps
GRASSFED BEEF
DEMI-GLACE



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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.
- ☐ Cut off and discard the bottom ½ inch of the **broccoli** stem; cut the broccoli into small pieces, keeping the florets intact.
- ☐ Peel and medium dice the **sweet potatoes**.

2 Roast the broccoli:

- ☐ Place the **broccoli pieces** on a sheet pan. Drizzle with 2 tablespoons of olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- ☐ Roast 16 to 18 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



3 Cook & mash the sweet potatoes:

- ☐ While the broccoli roasts, add the **diced sweet potatoes** to the pot of boiling water. 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 **maple syrup**, **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.

4 Cook the steaks:

- ☐ While the sweet potatoes cook, pat the **steaks** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned steaks and 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 cutting board and let rest at least 5 minutes.



5 Make the pan sauce:

- ☐ While the steaks rest, to the pan of reserved fond, add the **demi-glace**, **vinegar**, and ¼ **cup of water** (carefully, as the liquid may splatter). Cook on medium-high, stirring occasionally and scraping up any fond, 2 to 4 minutes, or until slightly reduced in volume.
- ☐ Turn off the heat. Stir in the **remaining butter** until melted. Season with salt and pepper to taste.



6 Slice the steaks & serve your dish:

- ☐ Find the lines of the muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- ☐ Serve the sliced steaks with the **mashed sweet potatoes** and **roasted broccoli**. Top the steaks with the **pan sauce**. Enjoy!

