

Seared Steaks & Lemon-Caper Butter

with Oven Fries

2 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  icon) and instructions tailored to you.*

Ingredients

Customized ingredients



2 Steaks 

SWAPPED FOR:



2 Pork Chops 



1 Lemon



3/4 lb Potatoes



1 Tbsp Capers



1 oz Butter



2 cloves Garlic



1 bunch Kale



1 Tbsp Weeknight Hero Spice Blend¹



Serve with Blue Apron wine that has this symbol
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¹ Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Remove the **butter** from the refrigerator to soften.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut the **potatoes** into 1/2-inch-thick sticks.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Peel **2 cloves of garlic**. Roughly chop 1 clove. Using a zester or the small side of a box grater, finely grate the remaining clove into a paste.
- Roughly chop the **capers**.
- Quarter and deseed the **lemon**.



2 Roast the potatoes

- Place the **potato sticks** in a large bowl. Drizzle with **1 tablespoon of olive oil** and season with salt, pepper, and **all but a pinch of the spice blend**. Toss to coat.
- Transfer to a sheet pan and arrange in an even layer.
- Roast 21 to 23 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



3 Cook the steaks

- Meanwhile, pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- In a medium pan, heat a drizzle 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.



4 CUSTOMIZED STEP 3 If you chose Pork Chops

- Meanwhile, pat the **pork** dry with paper towels; season with salt and pepper on both sides.
- In a medium pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned pork. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), 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.

4 Cook the kale

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped garlic**. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened.
- Add the **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.
- Add **1/4 cup of water** (carefully, as the liquid may splatter). Cook, stirring occasionally and scraping up any fond, 2 to 3 minutes, or until the kale is wilted and the water has cooked off.
- Turn off the heat. Stir in **the juice of 3 lemon wedges**. Taste, then season with salt and pepper if desired.



5 Make the compound butter & serve your dish

- Meanwhile, in a bowl, combine the **softened butter**, **chopped capers**, **remaining spice blend**, **the juice of the remaining lemon wedge**, and **as much of the garlic paste as you'd like**. Using a fork, mash to thoroughly combine.
- 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 **compound butter**. Enjoy!



5 CUSTOMIZED STEP 5 If you chose Pork Chops

- Make the compound butter as directed in Step 5.
- Slice the **rested pork** crosswise.
- Serve the **sliced pork** with the **roasted potatoes** and **cooked kale**. Top the pork with the **compound butter**. Enjoy!

*The USDA recommends a minimum safe cooking temperature of 145°F for steak and pork. 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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