

Lemon & Caper Butter Steaks

with Oven Fries & Sautéed Kale

4 SERVINGS | 35-45 MINS

 **Blue Apron**
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Ingredients



4 Steaks



1 Tbsp Capers



2 oz Butter



1 ¼ lbs Potatoes



2 cloves Garlic



1 Tbsp Weeknight Hero Spice Blend¹



1 Lemon



1 bunch Kale



Serve with Blue Apron wine that has this symbol
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¹. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



"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 Prepare & roast the oven fries

- Line a sheet pan with foil.
- 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 the sheet pan and 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 steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- In a large pan, heat **1 tablespoon 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 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

- While the steaks rest, in the pan of reserved fond, heat **2 teaspoons 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, 3 to 4 minutes, or until slightly wilted.
- Add **1/2 cup of water** (carefully, as the liquid may splatter). Cook, stirring occasionally and scraping up any fond, 3 to 4 minutes, or until the kale is wilted and the water has cooked off.
- Turn off the heat. Stir in the **juice of 2 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 wedges**, and **as much of the garlic paste as you'd like**. Using a fork, mash to thoroughly combine. 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 **oven fries** and **cooked kale**. Top the steaks with the **compound butter**. 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.

Blue Apron, LLC, New York, NY 10005

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