

# Seared Steaks & Crispy Shallot

with Mashed Potatoes & Maple-Soy Pan Sauce

4 SERVINGS

45-55 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.\*

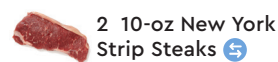
## Ingredients

Customized ingredients



4 Steaks 

SWAPPED FOR:



2 10-oz New York Strip Steaks 



1 oz Sweet Drop Peppers



2 Tbsps Soy Glaze



1 Tbsp Rice Vinegar



1 1/4 lbs Potatoes



2 cloves Garlic



1/2 cup Buttermilk



1 1/2 Tbsps Spicy Maple Syrup



1 Tbsp Ketchup



3/4 lb Green Beans



1 Shallot



2 oz Cheddar Cheese Curds



1/3 cup Chicken Bone Broth



1/4 cup Rice Flour



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)

## Cook along on the app



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\*Ingredients may be replaced and quantities may vary.





"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients & start the sauce

- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Peel the **shallot**; thinly slice into rounds, separating the layers.
- Cut off and discard any stem ends from the **green beans**.
- Peel and roughly chop **2 cloves of garlic**.
- In a bowl, whisk together the **soy glaze, ketchup, maple syrup, vinegar**, and **half the broth**.



## 2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water. Cook 17 to 19 minutes, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **cheese curds, buttermilk**, and a drizzle of **olive oil**; season with salt and pepper. Using a fork or potato masher, mash to your desired consistency.
- Taste, then season with salt and pepper if desired. Cover to keep warm.



## 3 Make the crispy shallot

- Meanwhile, place the **flour** and **sliced shallot** in a bowl; season with salt and pepper. Toss to thoroughly coat.
- In a large pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of flour sizzles immediately when added, add the **coated shallot** in an even layer (shaking off any excess flour). Cook, stirring frequently, 5 to 6 minutes, or until lightly browned and crispy.
- Transfer to a paper towel-lined plate; immediately season with salt.
- Carefully drain off and discard any excess oil.
- Wipe out the pan.



## 4 Cook the green beans

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **green beans** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **chopped garlic** and **remaining broth** (carefully, as the liquid may splatter). Season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the liquid has cooked off and the green beans are tender.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



## 5 Cook the steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- In the same 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 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.



### ↺ CUSTOMIZED STEP 5 If you chose Strip Steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook 2 to 3 minutes, or until browned.
- Flip and cook 1 to 2 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; let rest at least 5 minutes.

## 6 Finish the sauce & serve your dish

- To the pan of reserved fond, add the **sauce** (carefully, as the liquid may splatter). Cook on medium-high, stirring constantly and scraping up any fond, 2 to 3 minutes, or until slightly thickened.
- Turn off the heat. 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 **mashed potatoes** and **cooked green beans**. Top the steaks and potatoes with the **finished sauce** and **crispy shallot**. Garnish the green beans with the **peppers**. 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](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://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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