

# Pan-Seared Steaks & Aioli

with Crispy Gnocchi & Sautéed Green Beans

2 SERVINGS

30-40 MINS

 **Blue Apron**

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 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.\*

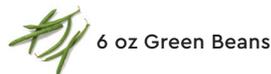
 Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)

## Ingredients

Customized ingredients



SWAPPED FOR:



## 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 & make the aioli

- 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.
- Cut off and discard any stem ends from the **green beans**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- 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.
- In a bowl, combine the **mayonnaise** and **as much of the garlic paste as you'd like**. Season with salt and pepper.



## 2 Cook the steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- In a medium pan (nonstick, if you have one), 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.\* Turn off the heat.
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest at least 5 minutes.



## CUSTOMIZED STEP 2 If you chose Strip Steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on both sides.
- In a medium pan (nonstick, if you have one), 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.\* Turn off the heat.
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest at least 5 minutes.

## 3 Blanch & finish the green beans

- Meanwhile, add the **green beans** to the pot of boiling water. Cook 2 to 3 minutes, or until bright green and slightly tender.
- Leaving the pot of water boiling, using a slotted spoon or tongs, transfer the green beans to a paper towel-lined plate and pat dry.



## Step 3 continued:

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced white bottoms of the scallions**. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Add the **blanched green beans**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until lightly browned.
- Transfer to a bowl; cover with foil to keep warm.
- Wipe out the pan.

## 4 Cook the gnocchi

- Add the **gnocchi** to the same pot of boiling water. Cook 2 to 3 minutes, or until the gnocchi float to the top of the pot. Turn off the heat.
- Drain thoroughly.



## 5 Finish the gnocchi

- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **cooked gnocchi** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper.
- Add the **chopped garlic, capers, and as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 1 to 2 minutes, or until combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.



## 6 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 **finished gnocchi** and **finished green beans**. Top the steaks with the **aioli**. Garnish with the **sliced green tops of the scallions**. 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](http://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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