

Miso-Butter Steaks & Rice

with Carrots & Bok Choy

4 SERVINGS

⌚ 25-35 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.*



Ingredients

Customized ingredients



4 Steaks 

SWAPPED FOR:

 2 10-oz No Added Hormones NY Strip Steaks 



3 Tbsps Soy Glaze



1 Tbsp Rice Vinegar



1 cup Long Grain White Rice



15 oz Baby Bok Choy



1 Tbsp Sweet White Miso Paste



1 Tbsp Togarashi Seasoning¹



¾ lb Carrots



1 oz Salted Butter



1 Tbsp Sesame Oil



Serve with Blue Apron wine that has this symbol
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¹ Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Cook the rice

- Remove the **butter** from the refrigerator to soften.
- Remove the **miso paste** from the refrigerator to bring to room temperature.
- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a medium pot, combine the **rice**, a **big pinch of salt**, and **2 cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the root ends of the **bok choy**; roughly chop, separating the stems and leaves.
- Peel the **carrots** and thinly slice on an angle.
- In a bowl, combine the **chopped bok choy stems** and **sliced carrots**.



3 Cook the steaks

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



4 CUSTOMIZED STEP 3 If you chose Strip Steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on both sides.
- In a large 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.

4 Cook the vegetables & finish the rice

- While the steaks rest, to the pan of reserved fond, add the **prepared bok choy stems and carrots**; season with salt and pepper (if the pan seems dry, add a drizzle of olive oil). Cook on medium-high, stirring occasionally, 4 to 5 minutes, or until lightly browned.
- Add the **bok choy leaves**. Cook, stirring occasionally, 1 to 2 minutes, or until wilted.
- Add the **vinegar** (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until the liquid has cooked off.
- Transfer to the pot of **cooked rice**. Add the **sesame oil** and stir to thoroughly combine. Taste, then season with salt and pepper if desired.



5 Finish & serve your dish

- In a bowl, combine the **softened butter** and **miso paste**. Using a fork, mash until smooth.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **finished rice**. Top the steaks with the **soy glaze** and **miso butter**. Garnish with the **togarashi**. 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.

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