

# Seared Steaks & Mashed Potatoes

with Sautéed Carrots & Homemade Steak Sauce

4 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**  
blueapron.com



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

## Ingredients


Customized ingredients



4 Steaks 

SWAPPED FOR:



2 10-oz No Added Hormones NY Strip Steaks 



¼ cup Sour Cream



2 Tbsps Vegetarian Worcestershire Sauce



1 Tbsp Light Brown Sugar



1 ¼ lbs Potatoes



2 cloves Garlic



¾ cup Buttermilk



2 Tbsps Red Wine Vinegar



¾ lb Carrots



2 Scallions



2 Tbsps Soy Glaze



3 Tbsps Ketchup



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 steak 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 **carrots** and thinly slice on an angle.
- Peel and roughly chop **2 cloves of garlic**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a bowl, whisk together the **soy glaze, vinegar, sugar, ketchup, worcestershire sauce, sliced white bottoms of the scallions, and 2 tablespoons of warm water** until the sugar has dissolved. Season with salt and pepper.



## 2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water and 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 **sour cream, buttermilk, and 1 tablespoon of olive oil**. 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 Cook the carrots

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced carrots**; season with salt and pepper. Cook, stirring occasionally, 5 to 6 minutes, or until slightly softened.
- Add the **chopped garlic**. Cook, stirring frequently, 30 seconds to 1 minute, or until softened.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



## 4 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 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.



## ↔ CUSTOMIZED STEP 4 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.

## 5 Finish the steak sauce

- While the steaks rest, add the **sauce** (carefully, as the liquid may splatter) to the pan of reserved fond. Cook on medium-high, stirring constantly and scraping up any fond, 1 to 2 minutes, or until slightly thickened.
- 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 **mashed potatoes** and **cooked carrots**. Top the steaks with the **finished steak sauce**. 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](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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