

F 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



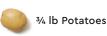




2 10-oz No Added Hormones NY Strip Steaks 🔄









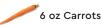
1 Zucchini



1 Tbsp Soy Sauce



1 Tbsp Sugar







2 Tbsps Soy Glaze



1 Tbsp Togarashi Seasoning¹



Cook along on the app

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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 Prepare the ingredients

- Fill a medium pot 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 2 cloves of garlic.
- Peel the **carrots**; halve crosswise, then quarter lengthwise.
- Halve the zucchini crosswise, then quarter lengthwise.
- In a bowl, whisk together the sugar and vinegar until the sugar has dissolved.

2 Cook & mash the potatoes

- Add the diced potatoes and peeled garlic cloves to the pot of boiling water. Cook 16 to 18 minutes, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add the crème fraîche; 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 Cook the steaks

- Meanwhile, pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- In a medium 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.

5

CUSTOMIZED STEP 3 If you chose Strip Steaks

- Meanwhile, pat the ${\bf steaks}$ 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

- While the steaks rest, in the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot
- Add the carrot sticks; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.



- Add the **zucchini sticks**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until lightly browned.
- Add the sugar-vinegar mixture (carefully, as the liquid may splatter).
 Cook, stirring frequently, 2 to 3 minutes, or until the vegetables are softened.
- \bullet Add the $soy\ sauce$. Cook, stirring constantly, 1 to 2 minutes, or until the vegetables are coated.
- Turn off the heat; add half the togarashi and stir to coat.

5 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 vegetables. Top the steaks with the soy glaze. Garnish with the remaining 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.

