

Seared Steaks & Soy Glaze

with Mashed Potatoes & Togarashi Vegetables

2 SERVINGS

⌚ 35-45 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



2 Steaks 

SWAPPED FOR:



2 10-oz No Added Hormones NY Strip Steaks 



2 Tbsps Crème Fraîche



1 Tbsp Rice Vinegar



¾ lb Potatoes



1 Zucchini



1 Tbsp Soy Sauce



1 Tbsp Sugar



6 oz Carrots



2 cloves Garlic



2 Tbsps Soy Glaze



1 Tbsp Togarashi Seasoning¹



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 Prepare the ingredients

- 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 **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.



4 CUSTOMIZED STEP 3 If you chose Strip Steaks

- Meanwhile, 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

- 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.
- 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.

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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