

# Flank Steak & Lemon Salsa Verde

with Roasted Vegetables

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**

[blueapron.com](https://blueapron.com)



## Ingredients\*

 2 Flank Steaks

 ½ lb Brussels Sprouts

 1 bunch Parsley

 2 cloves Garlic

 ¾ lb Potatoes

 1 Lemon

 1 Red Onion

 1 Bell Pepper

 ¼ tsp Crushed Red Pepper Flakes

 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 & roast the vegetables

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Line a sheet pan with foil.
- Medium dice the **potatoes**.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Halve and peel the **onion**; cut into 1-inch-wide wedges, keeping the layers intact.
- Transfer the **prepared vegetables** to the sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 21 to 23 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



## 2 Prepare the remaining ingredients

- Meanwhile, peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **parsley** leaves and stems.
- Using a zester or the small side of a box grater, finely grate the **lemon** to get 1 teaspoon. Halve the lemon crosswise; squeeze the juice into a bowl, straining out the seeds.



## 3 Cook the steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on both sides.
- In a medium pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook 2 to 4 minutes per side 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 and let rest at least 5 minutes.



## 4 Make the salsa verde

- While the steaks rests, in the pan of reserved fond, heat **2 tablespoons of olive oil** on medium-high until hot.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Turn off the heat. Add the **chopped parsley, lemon juice** (carefully, as the liquid may splatter), and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; stir to combine. Taste, then season with salt and pepper if desired.



## 5 Finish & serve your dish

- Evenly top the **roasted vegetables** with the **lemon zest**; carefully stir to coat.
- Find the lines of muscle (or grain) on the **rested steaks**; thinly slice crosswise against the grain.
- Serve the **sliced steaks** with the **finished vegetables**. Top the steaks with the **salsa verde**. 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.

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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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