

Seared Steak & Garlic-Herb Red Rice

with Lemon-Parsley Sauce

2 SERVINGS | 40-50 MINS

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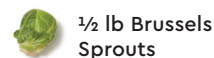
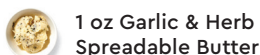
 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*

Ingredients

Customized ingredients



SWAPPED FOR:
 2 10-oz No Added Hormones NY Strip Steaks 



 Serve with Blue Apron wine that has this symbol
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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Cook the rice

- Remove the **spreadable butter** from the refrigerator to soften.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **rice**. Cook, uncovered, 30 to 32 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



2 Prepare & roast the vegetables

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Halve and peel the **onion**; cut into 1-inch-wide wedges, keeping the layers intact.
- Place the **halved brussels sprouts** and **onion wedges** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 15 to 17 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



3 Prepare the remaining ingredients

- Meanwhile, pit and roughly chop the **dates**.
- Peel 1 **clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- Using a zester or the small side of a box grater, finely grate the **lemon** to get 1 teaspoon. Quarter and deseed the lemon.
- Roughly chop the **parsley** leaves and stems.



Step 3 continued:

- In a bowl, combine the **lemon zest**, **chopped parsley**, the **juice of 2 lemon wedges**, **1 tablespoon of olive oil**, **as much of the garlic paste as you'd like**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper.

4 Cook the steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on both sides.
- In a medium pan, heat a drizzle 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; 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 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.

5 Finish & serve your dish

- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- To the pot of **cooked rice**, add the **softened butter**, **roasted vegetables**, **chopped dates**, and the **juice of the remaining lemon wedges**. Stir to combine. Taste, season with salt and pepper if desired.
- Serve the **sliced steaks** with the **finished rice**. Top the steaks with the **lemon-parsley sauce**. 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.

Blue Apron, LLC, New York, NY 10005

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