

Seared Steaks & Roasted Asparagus

with Cheesy Spinach Spoonbread

4 SERVINGS

35-45 MINS

 Blue Apron

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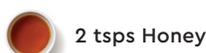
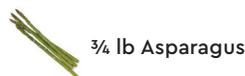
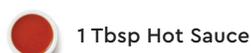
 Serve with Blue Apron wine that has this symbol blueapron.com/wine

Ingredients

Customized ingredients



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



Cook along on the app



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¹ Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the spoonbread ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Arrange two oven racks in the upper and lower thirds of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Halve, peel, and medium dice the **onion**.
- Grate the **cheese** on the large side of a box grater.
- In a large pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and softened.
- Add the **spinach**. Cook, stirring frequently, 1 to 2 minutes, or until wilted.
- Transfer to a large bowl.
- Wipe out the pan.



2 Assemble & bake the spoonbread

- To the bowl of **cooked onion and spinach**, add the **cornbread mix, sour cream, and ¾ cup of water**. Mix until just combined.
- Transfer to an 11-inch by 6-inch (or 8-inch square) baking dish and spread into an even layer. Top with the **grated cheese**.
- Place on the upper oven rack and bake 17 to 19 minutes, or until the filling is just set (a toothpick inserted into the center should come out with a few moist crumbs).
- Remove from the oven and let stand at least 2 minutes before serving.



3 Prepare & roast the asparagus

- Meanwhile, snap off and discard the tough, woody stem ends of the **asparagus**.
- Place on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Place on the lower oven rack and roast 10 to 12 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



4 Cook the steaks

- Meanwhile, pat the **steaks** dry with paper towels; season on all sides with salt, pepper, and **half the spice blend**.
- 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

- Meanwhile, pat the **steaks** dry with paper towels; season on both sides with salt, pepper, and **half the spice blend**.
- 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 & serve your dish

- Meanwhile, to make the sauce, in a bowl, whisk together the **mayonnaise, honey** (kneading the packet before opening), **hot sauce, and a pinch of the remaining spice blend** (you will have extra). Taste, then season with salt and pepper if desired.
- Quarter and deseed the **lemon**.
- Evenly top the **roasted asparagus** with the **juice of 2 lemon wedges**; carefully stir to coat.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **finished asparagus** and **baked spoonbread**. Top the steaks with the **sauce**. Serve the **remaining lemon wedges** on the side, if you'd like. 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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