

Seared Steaks & Homemade Steak Sauce

with Mashed Potatoes & Sautéed Vegetables

2 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**
blueapron.com



 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 Scallions



1 Tbsp Light Brown Sugar



¾ lb Potatoes



1 Zucchini



2 oz White Cheddar Cheese



2 Tbsps Soy Glaze



6 oz Carrots



2 cloves Garlic



1 Tbsp Ketchup



1 Tbsp Red Wine Vinegar



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

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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & start the sauce

- 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.
- Large dice the **potatoes**.
- Grate the **cheese** on the large side of a box grater.
- Peel the **carrots** and thinly slice on an angle.
- Halve the **zucchini** lengthwise, then cut crosswise into 1-inch pieces.
- Peel and roughly chop **2 cloves of garlic**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a bowl, combine the **sliced white bottoms of the scallions, soy glaze, vinegar, sugar, ketchup**, and **2 tablespoons of water**. Stir until the sugar has dissolved.



2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water. Cook, uncovered, 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 **grated cheese**; drizzle with **olive oil** and 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 vegetables

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced carrots and zucchini pieces** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned and slightly softened. Season with salt and pepper.
- Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and softened.



Step 3 continued:

- Add the **chopped garlic**. Cook, stirring frequently, 30 seconds to 1 minute, or until softened.
- Transfer to a bowl and cover with foil to keep warm.
- Wipe out the pan.

4 Cook the steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- 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

- Pat the **steaks** dry with paper towels; season with salt and pepper on both sides.
- 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 the sauce

- While the steaks rest, to the pan of reserved fond, add the **sauce** (carefully, as the liquid may splatter). Cook on medium-high, stirring constantly and scraping up any fond, 1 to 2 minutes, or until slightly thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.



6 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 **finished sauce and sliced green tops of the scallions**. 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.



Try it on the grill

This recipe provides cooking instructions for your stove or oven, but it can also be prepared on the grill! Scan this QR code for helpful tips on how to adjust cooking times and adapt this recipe.



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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