

Caper Butter Steaks

with Mashed Potatoes & Zucchini


4 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 🔄 icon) and instructions tailored to you.*

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

Ingredients

Customized ingredients



4 Steaks 🔄

SWAPPED FOR:



2 10-oz No Added Hormones NY Strip Steaks 🔄



¼ cup Labneh Cheese



2 tsp Honey



1 ¼ lbs Potatoes



2 cloves Garlic



1 oz Salted Butter



1 Tbsp Capers



2 Zucchini



1 bunch Parsley



1 Tbsp Sherry Vinegar

Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & make the dressing

- Remove the **honey** from the refrigerator to bring to room temperature.
- Remove the **butter** from the refrigerator to soften.
- 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**; using the flat side of your knife, smash each clove once to flatten.
- Halve the **zucchini** lengthwise; cut crosswise into 1-inch pieces.
- Roughly chop the **parsley** leaves and stems.
- Roughly chop the **capers**.
- In a large bowl, whisk together the **honey** (kneading the packet before opening) and **vinegar** until thoroughly combined; season with salt and pepper.



2 Cook & mash the potatoes

- Add the **diced potatoes** and **smashed garlic** to the pot of boiling water. Cook 17 to 19 minutes, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **labneh** and a drizzle of **olive oil**; 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

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



Step 3 continued:

- 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

- 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 & dress the zucchini

- To the pan of reserved fond, add the **zucchini pieces** in an even layer (if the pan seems dry, add a drizzle of olive oil). Cook on medium-high, without stirring, 3 to 4 minutes, or until lightly browned. Season with salt and pepper.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 3 to 5 minutes, or until softened and the water has cooked off.
- Transfer the **cooked zucchini** to the bowl of **dressing**. Stir to coat; taste, then season with salt and pepper if desired.



5 Make the compound butter & serve your dish

- In a bowl, combine the **softened butter**, **chopped parsley**, and **chopped capers**. Using a fork, mash to combine.
- 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 **dressed zucchini** on the side. Top the steaks with the **compound butter**. 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.

Blue Apron, LLC, New York, NY 10005

Share your photos with #blueapron

