

Steaks & Black Bean-Butter Sauce

with Miso Broccoli & Spicy Roasted Potatoes

2 SERVINGS

⌚ 35-45 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.*

Ingredients


Customized ingredients



2 Steaks 

SWAPPED FOR:



2 10-oz No Added Hormones NY Strip Steaks 



3 Tbsps Savory Black Bean-Chile Sauce



1 Tbsp Sesame Oil



1 tsp Black & White Sesame Seeds



¾ lb Potatoes



2 Scallions



2 tsps Gochujang



1 Tbsp Rice Vinegar



½ lb Broccoli



1 oz Salted Butter



1 Tbsp Sweet White Miso Paste



1 Tbsp Light Brown Sugar



Serve with Blue Apron wine that has this symbol
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Panasonic



*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & start the sauce

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Large dice the **potatoes**.
- Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small florets.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a bowl, whisk together the **black bean-chile sauce**, **sugar**, **vinegar**, and **3/4 cup of water**. Season with salt and pepper.



2 Roast the potatoes

- In a large bowl, whisk together the **sesame oil** and **as much of the gochujang as you'd like**, depending on how spicy you'd like the potatoes to be.
- Add the **diced potatoes**; season with salt and pepper. Stir to thoroughly coat.
- Transfer to a sheet pan; arrange in an even layer.
- Roast 20 to 22 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



3 Make the miso broccoli

- Meanwhile, in a large pan, thoroughly combine the **miso paste** and **1/3 cup of water**; heat to boiling on high.
- Once boiling, carefully add the **broccoli florets** and **sliced white bottoms of the scallions** in an even layer; season with salt and pepper. Stir to combine.
- Reduce the heat to medium-high. Loosely cover the pan with foil and cook, without stirring, 5 to 6 minutes, or until the broccoli is lightly browned and the water is cooked off.
- Transfer to a bowl. Cover with foil to keep warm.
- Rinse and 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 & serve your dish

- Meanwhile, add the **sauce** to the pan of reserved fond (carefully, as the liquid may splatter). Cook on medium-high, stirring frequently and scraping up any fond, 3 to 5 minutes, or until slightly thickened.
- Turn off the heat. Stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **roasted potatoes** and **miso broccoli**. Top the steaks with the **finished sauce**. Garnish with the **sliced green tops of the scallions** and **sesame seeds**. 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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