

Miso Butter Steaks

with Bok Choy & Carrot Rice

2 OR 4 SERVINGS

🕒 25-35 MINS

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Ingredients



2 Steaks or
4 for 4 servings



10 oz Baby Bok Choy
or 1 ¼ lbs for
4 servings



1 Tbsp Sweet White
Miso Paste or 3
Tbsps for 4 servings



1 Tbsp Togarashi
Seasoning¹



½ cup Long Grain
White Rice or
1 cup for 4 servings



1 oz Salted Butter or
2 oz for 4 servings



1 Tbsp Sesame Oil



6 oz Carrots or
¾ lb for 4 servings



2 Tbsps Soy Glaze
or 3 Tbsps for
4 servings



1 Tbsp Rice Vinegar



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¹ Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook the rice

- Remove the **butter** from the refrigerator to soften.
- Remove the **miso paste** from the refrigerator to bring to room temperature.
- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a medium pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water** or **2 cups of water** if you're cooking 4 servings. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the root ends of the **bok choy**; roughly chop, separating the stems and leaves.
- Peel the **carrots** and thinly slice on an angle.
- In a bowl, combine the **chopped bok choy stems** and **sliced carrots**.



3 Cook the steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- In a medium pan or a *large pan if you're cooking 4 servings*, 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.



4 Cook the vegetables & finish the rice

- While the steaks rest, to the pan of reserved fond, add the **prepared bok choy stems and carrots**; season with salt and pepper (if the pan seems dry, add a drizzle of olive oil). Cook on medium-high, stirring occasionally, 4 to 5 minutes, or until lightly browned.
- Add the **chopped bok choy leaves**. Cook, stirring occasionally, 1 to 2 minutes, or until wilted.
- Add the **vinegar** (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until the liquid has cooked off.
- Transfer to the pot of **cooked rice**. Add the **sesame oil** and stir to combine. Taste, then season with salt and pepper if desired.



5 Finish & serve your dish

- In a bowl, combine the **softened butter** and **miso paste**. Using a fork, mash until smooth.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **finished rice**. Top the steaks with the **soy glaze** and **miso butter**. Garnish with the **togarashi**. 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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