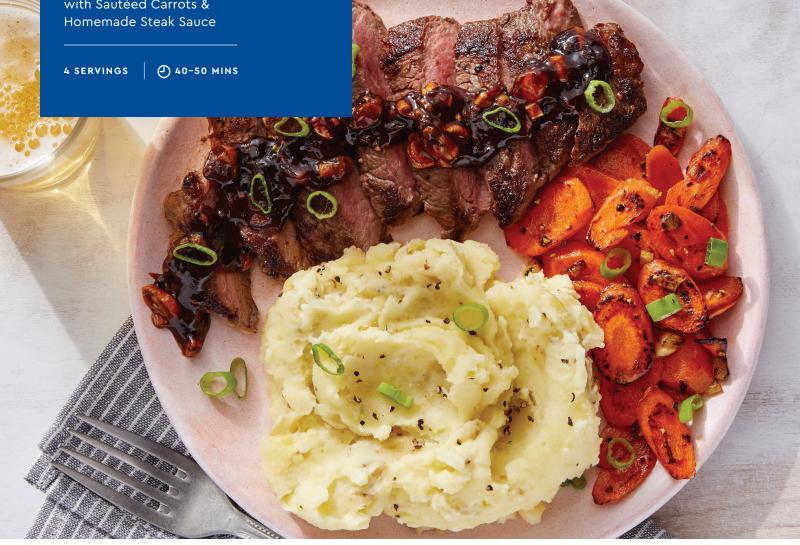
Seared Steaks & Mashed Potatoes

with Sautéed Carrots &





Ingredients*

Customized ingredients



4 Steaks 🔄



2 10-oz No Added Hormones NY Strip Steaks 🔄



1/4 cup Buttermilk



2 Tbsps Soy Glaze



1 Tbsp Light Brown Sugar



1 1/4 lbs Potatoes



2 cloves Garlic



1/4 cup Sour Cream



2 Tbsps Red Wine Vinegar



3/4 lb Carrots



2 Scallions



2 Tbsps Vegetarian Worcestershire Sauce



3 Tbsps Ketchup



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

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"Alexa, find Blue Apron recipes."

Prepare the ingredients & start the steak sauce

- Fill a medium pot 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 the carrots and thinly slice on an angle.
- Peel and roughly chop 2 cloves of garlic.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a bowl, whisk together the soy glaze, vinegar, sugar, ketchup, worcestershire sauce, sliced white bottoms of the scallions, and 2 tablespoons of warm water until the sugar has dissolved. Season with salt and pepper.

Cook & mash the potatoes

- Add the diced potatoes 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 sour cream, buttermilk, and 1 tablespoon of olive oil. 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 carrots

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.
- Add the sliced carrots; season with salt and pepper. Cook, stirring occasionally, 5 to 6 minutes, or until slightly softened.



- Add the chopped garlic. Cook, stirring frequently, 30 seconds to 1 minute, or until softened.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.

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.

· 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
- 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 steak sauce

- While the steaks rest, add the sauce (carefully, as the liquid may splatter) to the pan of reserved fond. Cook on mediumhigh, 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 carrots. Top the steaks with the finished steak sauce. Garnish with the 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.

