

# Seared Steaks & Crispy Shallot

with Mashed Potatoes & Soy Pan Sauce

2 SERVINGS

⌚ 45-55 MINS

 **Blue Apron**  
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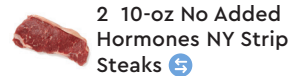
## Ingredients\*


Customized ingredients



2 Steaks 

### SWAPPED FOR:



2 10-oz No Added Hormones NY Strip Steaks 



1 oz Sweetly Drop Peppers



1/4 cup Rice Flour



1 Shallot



6 oz Green Beans



1/4 cup Cream



2 Tbsps Soy Glaze



3/4 lb Potatoes



2 cloves Garlic



1 Tbsp Ketchup



1 Tbsp Rice Vinegar



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://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.
- Medium dice the **potatoes**.
- Peel the **shallot**; thinly slice into rounds, separating the layers.
- Cut off and discard any stem ends from the **green beans**.
- Peel and roughly chop **2 cloves of garlic**.
- In a bowl, whisk together the **soy glaze, ketchup, vinegar, and 2 tablespoons of water**.



## 2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water. Cook 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 **cream** 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 Make the crispy shallot

- Meanwhile, place the **flour** and **sliced shallot** in a bowl; season with salt and pepper. Toss to thoroughly coat.
- In a medium pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of flour sizzles immediately when added, add the **coated shallot** in an even layer (shaking off any excess flour). Cook, stirring frequently, 5 to 6 minutes, or until lightly browned and crispy.
- Transfer to a paper towel-lined plate; immediately season with salt.
- Carefully drain off and discard any excess oil.
- Wipe out the pan.



## 4 Cook the green beans

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **green beans** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **chopped garlic** and **2 tablespoons of water** (carefully, as the liquid may splatter). Season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the liquid has cooked off and the green beans are tender.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



## 5 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 and let rest at least 5 minutes.



### CUSTOMIZED STEP 5 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 and let rest at least 5 minutes.

## 6 Finish the sauce & serve your dish

- 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, 2 to 3 minutes, or until slightly thickened.
- Turn off the heat. 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 **mashed potatoes** and **cooked green beans**. Top the steaks and potatoes with the **finished sauce** and **crispy shallot**. Garnish the green beans with the **peppers**. 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.

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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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