

Steaks & Gochujang-Soy Sauce

with Bok Choy & Mushroom Barley

2 SERVINGS

30-40 MINS

 **Blue Apron**
blueapron.com



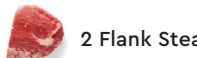
Ingredients*

Customized ingredients



2 Steaks 

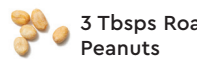
SWAPPED FOR:



2 Flank Steaks 



2 tsps Gochujang



3 Tbsps Roasted Peanuts



½ cup Pearled Barley



4 oz Mushrooms



1 Tbsp Rice Vinegar



10 oz Baby Bok Choy



2 Tbsps Soy Glaze



1 Tbsp Sesame Oil



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

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 Cook the barley

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **barley** and cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



2 Prepare the ingredients & make the sauce

- Meanwhile, wash and dry the fresh produce.
- Cut the **mushrooms** into bite-sized pieces.
- Cut off and discard the root ends of the **bok choy**; roughly chop.
- Roughly chop the **peanuts**.
- In a bowl, combine the **soy glaze**, **half the vinegar**, and as much of the **gochujang** as you'd like, depending on how spicy you'd like the sauce to be.



3 Cook the steaks

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



4 CUSTOMIZED STEP 3 If you chose Flank Steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on both sides.
- In a medium pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook 2 to 4 minutes per side 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.

4 Cook the vegetables

- While the steaks rest, heat the pan of reserved fond on medium-high until hot (if the pan seems dry, add a drizzle of olive oil).
- Add the **mushroom pieces** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.
- Add the **chopped bok choy**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until combined and the vegetables are softened.
- Turn off the heat.



5 Finish the barley & serve your dish

- To the pot of **cooked barley**, add the **cooked vegetables**, **sesame oil**, **remaining vinegar**, and a drizzle of **olive oil**. Season with salt and pepper; stir to combine.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **finished barley** topped with the **sliced steaks**, **sauce**, and **chopped peanuts**. 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.

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. If you purchased this recipe outside of blueapron.com, nutrition information can be found on the retailer's product page. | 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

[f](#) [t](#) [@](#) Share your photos with #blueapron

