

Steaks & Creamy Dijon Pan Sauce

with Cheesy Mashed Squash &
Green Beans

4 SERVINGS

35-45 MINS

 **Blue Apron**
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Ingredients*

Customized ingredients



4 Steaks 

SWAPPED FOR:



4 Flank Steaks 



2 oz Garlic & Herb
Spreadable Butter



1 Tbsp Weeknight
Hero Spice Blend¹



¾ lb Green Beans



½ cup Grated
Parmesan Cheese



2 Tbsps Whole Grain
Dijon Mustard



2 Squash



4 Tbsps Crème
Fraîche



¼ cup Balsamic
Vinegar



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¹ Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & start the sauce

- Remove the **spreadable butter** from the refrigerator to soften.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Halve the **squash** lengthwise; using a spoon, scoop out and discard the pulp and seeds.
- Cut off and discard any stem ends from the **green beans**.
- In a bowl, combine the **mustard** and **2 tablespoons of water**; season with salt and pepper. Stir to combine.



2 Roast & mash the squash

- Line a sheet pan with foil.
- Transfer the **halved squash** to the foil, cut side up. Drizzle with **olive oil** and season with salt and pepper, then arrange cut side down.
- Roast 22 to 28 minutes, or until lightly browned and tender when pierced with a fork.
- Transfer to a work surface.
- When cool enough to handle, using a spoon, scoop out the **roasted squash** into a bowl; discard the skins.
- Add the **softened butter**, **cheese**, and a drizzle of **olive oil**; season with salt and pepper. Using a fork or potato masher, mash until thoroughly combined. Taste, then season with salt and pepper if desired.



3 Cook the green beans

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **green beans** in an even layer. Cook, without stirring, 1 to 2 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Add the **vinegar** (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until the liquid has cooked off.
- Transfer to a bowl and cover with foil to keep warm.
- Rinse and wipe out the pan.



4 Cook the steaks

- Pat the **steaks** dry with paper towels; season on all sides with salt, pepper, and the **spice blend**.
- 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 Flank Steaks

- Pat the **steaks** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- In the same 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. Let rest at least 5 minutes.

5 Make the pan sauce & serve your dish

- While the steaks rest, add the **sauce** (carefully, as the liquid may splatter) to the pan of reserved fond. Cook on medium-high, stirring occasionally and scraping up any fond, 1 to 2 minutes, or until the sauce is slightly thickened.
- Turn off the heat. Stir in the **crème fraîche** until 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 **mashed squash** and **cooked green beans**. Top the steaks with the **pan sauce**. 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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