

Ingredients*

Customized ingredients



4 Steaks 🔄





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



1/4 cup Balsamic Vinegar



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

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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.



- · 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
- · 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.

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 mediumhigh, 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.

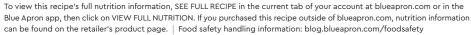
- Find the lines of muscle (or grain) on the rested steaks; slice crosswise against the grain.
- Serve the sliced steaks with the mashed squash and cooked green beans. Top the steaks with the pan sauce. Enjoy!

*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.





Blue Apron, LLC, New York, NY 10005



Produced in a facility that processes crustacean shellfish egg, fish, milk, peanuts, soy, tree nuts, and wheat.