

Seared Steak & Garlic-Herb Butter Squash

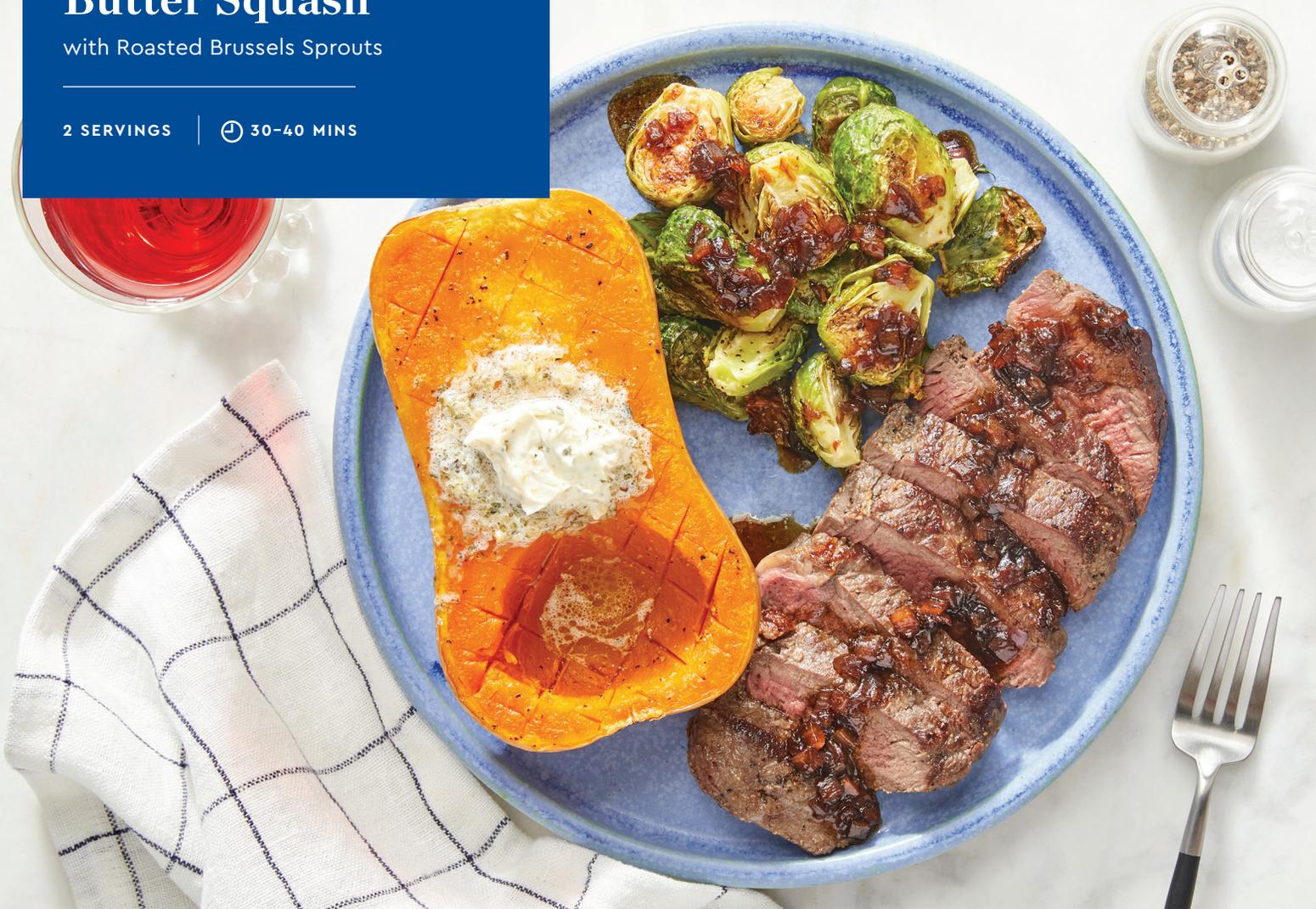
with Roasted Brussels Sprouts

2 SERVINGS

30-40 MINS



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Ingredients*

Customized ingredients



2 Steaks

SWAPPED FOR:



2 10-oz No Added Hormones NY Strip Steaks

or



2 Flank Steaks



1 Tbsp Light Brown Sugar



½ lb Brussels Sprouts



1 oz Garlic & Herb Spreadable Butter



2 Tbsps Balsamic Vinegar



1 898 Squash



1 Shallot



1 Tbsp Soy Sauce

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*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.
- Cut off and discard the ends of the **squash**. Halve lengthwise; using a spoon, scoop out and discard the pulp and seeds.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise. Place in a bowl. Drizzle with **olive oil** and season with salt and pepper; toss to coat.
- Peel and finely chop the **shallot**.
- In a bowl, combine the **vinegar, soy sauce, sugar, and 2 tablespoons of water**. Season with salt and pepper.



2 Roast the squash & brussels sprouts

- Line a sheet pan with foil.
- Transfer the **halved squash** to the foil, cut side up. Drizzle with **olive oil**; season with salt and pepper, then arrange cut side down.
- Roast 7 minutes. Leaving the oven on, remove from the oven.
- Carefully transfer the **seasoned brussels sprouts** to other side of the sheet pan of **partially roasted squash**. Arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.
- Using tongs, carefully flip the **roasted squash** to be cut side up. Using the tip of your knife, score the cut sides of the squash diagonally to form a cross-hatch pattern, about 1/4-inch deep.



3 Cook the steaks

- Meanwhile, 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; let rest at least 5 minutes.



4 CUSTOMIZED STEP 3

If you chose Strip Steaks

- Meanwhile, 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 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.

If you chose Flank Steaks

- Meanwhile, 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; let rest at least 5 minutes.

4 Make the pan sauce

- While the steaks rest, in the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped shallot**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **sauce** (carefully, as the liquid may splatter). Cook, stirring occasionally 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.



5 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 **roasted brussels sprouts** and **roasted squash**, cut side up. Top the squash with the **softened butter**. Top the steaks and brussels sprouts 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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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.
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