

# Tenderloin Steaks & Blueberry Pan Sauce

with Garlic-Herb Fingerlings & Sautéed Vegetables

## WHY WE LOVE THIS DISH

It embodies all of the rich flavors and classic pairings of a steakhouse dinner, but with a fruity twist thanks to the fresh blueberries we're using in our homemade steak sauce.

## MAKE IT EXCEPTIONAL

If you have a cast iron skillet, use it! Its ability to conduct and retain intense heat will help to achieve that irresistibly crispy, restaurant-quality sear on the steaks.



**PREMIUM**

2 SERVINGS

⌚ 40-50 MINS



Serve a bottle of Blue Apron wine with this symbol: Bold & Spicy.

[blueapron.com/wine](https://blueapron.com/wine)

## Ingredients\*



2 8-oz Pasture-Raised Tenderloin Steaks



1 Shallot



¾ lb Fingerling Potatoes



3 oz Baby Spinach



4 oz Mushrooms



2 cloves Garlic



1 bunch Chives



3 oz Blueberries



1 oz Garlic & Herb Spreadable Butter



1 oz Salted Butter



1 Tbsp Red Wine Vinegar



2 Tbsps Soy Glaze



1 Tbsp Ketchup



⅓ cup Crispy Onions



1 Tbsp Light Brown Sugar

\*Ingredients may be replaced and quantities may vary.

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"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 **potatoes** lengthwise.
- Cut the **mushrooms** into bite-sized pieces.
- Peel and thinly slice the **shallot**.
- Peel and roughly chop **2 cloves of garlic**.
- Thinly slice the **chives**.
- In a bowl, whisk together the **soy glaze, vinegar, sugar, ketchup**, and **2 tablespoons of water**. Season with salt and pepper.



## 2 Roast & finish the potatoes

- Line a sheet pan with foil.
- Transfer the **halved potatoes** to the foil. Drizzle with **olive oil** and season with salt and pepper. Toss to coat. Arrange in an even layer, cut side down.
- Roast 20 to 22 minutes, or until lightly browned and tender when pierced with a fork.
- Transfer to a bowl; add the **softened butter**. Stir to coat. Taste, then season with salt and pepper if desired.



## 3 Cook the vegetables

- Meanwhile, in a large pan (cast iron, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **mushroom pieces** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **sliced shallot** and **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **spinach**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until wilted.
- Transfer to a bowl; cover with foil to keep warm.
- Wipe out the pan.



## 4 Cook the 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 6 to 8 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 blueberry pan sauce

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **blueberries** and **¼ cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the blueberries begin to release their juices.
- Add the **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently and gently pressing on the blueberries with the back of a spoon, 1 to 2 minutes, or until the blueberries are broken down and the sauce is thickened.
- Turn off the heat; stir in the **plain butter** until melted and combined. Taste, then season with salt and pepper if desired.



## 6 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 **finished potatoes** and **cooked vegetables**. Top the steaks with the **blueberry pan sauce**. Garnish the potatoes with the **sliced chives**. Garnish the vegetables with the **crispy onions**. 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](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://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.

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