

# Seared Steaks & Roasted Carrots

with Cheesy Spinach Spoonbread

4 SERVINGS

35-45 MINS



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## Ingredients\*



4 Steaks



1 Yellow Onion



½ cup Sour Cream



¼ cup Mayonnaise



1 cup Cornbread Mix



¾ lb Carrots



2 oz White Cheddar Cheese



4 tsps Honey



5 oz Baby Spinach



1 oz Pickled Peppadew Peppers



1 Tbsp Hot Sauce



1 Tbsp Southern Spice Blend<sup>1</sup>



Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)

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Interested in prepping this recipe for the week ahead? Follow the STOP + STORE and REHEATING instructions within the recipe.

<sup>1</sup> Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper  
\*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

## 1 Prepare & start the spoonbread

- Remove the **honey** from the refrigerator to bring to room temperature.
- Arrange two oven racks in the upper and lower thirds of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Halve, peel, and medium dice the **onion**.
- Grate the **cheese** on the large side of a box grater.
- In a large pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **diced onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and softened.
- Add the **spinach**. Cook, stirring frequently, 1 to 2 minutes, or until wilted.
- Transfer to a large bowl.
- Wipe out the pan.



## 2 Assemble & bake the spoonbread

- To the bowl of **cooked onion and spinach**, add the **cornbread mix, sour cream**, and **¼ cup of water**. Mix until just combined.
- Transfer to an 11-inch by 6-inch (or 8-inch square) baking dish and spread into an even layer. Top with the **grated cheese**.
- Place on the upper oven rack and bake 17 to 19 minutes, or until the filling is just set (a toothpick inserted into the center should come out with a few moist crumbs).
- Remove from the oven and let stand at least 2 minutes before serving.



## 3 Prepare & roast the carrots

- Meanwhile, line a sheet pan with foil.
- Peel the **carrots**. Halve lengthwise, then cut crosswise into 1-inch pieces.
- Place on the sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Place on the lower oven rack and roast 16 to 18 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



## 4 Cook the steaks

- Meanwhile, pat the **steaks** dry with paper towels; season on all sides with salt, pepper, and **half the spice blend**.
- In the same pan, heat **1 tablespoon 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.\*
- Transfer to a cutting board and let rest at least 5 minutes.



## STOP + STORE

If you're planning to enjoy this meal at a later time, stop here and place the prepared food in airtight containers (or tightly cover with plastic wrap). Store in the refrigerator. Use the reheating instructions below to finish.

## 5 Finish & serve your dish

- Meanwhile, to make the sauce, in a bowl, whisk together the **mayonnaise, honey** (kneading the packet before opening), **a pinch of the remaining spice blend** (you will have extra), and **as much of the hot sauce as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.
- Roughly chop the **peppers**.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **roasted carrots and baked spoonbread**. Top the steaks with the **sauce**. Top the carrots with the **chopped peppers**. Enjoy!



## REHEATING INSTRUCTIONS

If you saved the dish for later, reheat the **steaks, carrots**, and **spoonbread** in the microwave 1 to 2 minutes, or until heated through. Finish and serve as directed.

\*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.

Blue Apron, LLC, New York, NY 10005

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