

# Seared Steaks & Lemon-Caper Butter

with Oven Fries

4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**  
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## Ingredients\*


Customized ingredients



4 Steaks 

SWAPPED FOR:



1 20-oz Pasture-Raised Ribeye Steak 

or



4 Flank Steaks 



1 ¼ lbs Potatoes



¾ lb Kale



1 Lemon



1 Tbsp Weeknight Hero Spice Blend<sup>1</sup>



2 cloves Garlic



1 Tbsp Capers



2 oz Salted Butter



Serve with Blue Apron wine that has this symbol  
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<sup>1</sup> 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

- Remove the **butter** from the refrigerator to soften.
- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Cut the **potatoes** into 1/2-inch-thick sticks.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Peel **2 cloves of garlic**. Roughly chop 1 clove. Using a zester or the small side of a box grater, finely grate the remaining clove into a paste.
- Quarter and deseed the **lemon**.
- Roughly chop the **capers**.



## 2 Prepare & roast the oven fries

- Line a sheet pan with foil.
- Place the **potato sticks** in a bowl; drizzle with **olive oil** and season with salt, pepper, and **all but a pinch of the spice blend**. Toss to coat.
- Transfer to the sheet pan and arrange in an even layer.
- Roast 24 to 26 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



## 3 Cook the steaks

- Meanwhile, pat the **steaks** dry with paper towels. Season with salt and pepper on all sides.
- In a large 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 **Ribeye Steak**

- Meanwhile, pat the **steak** dry with paper towels; season with salt and pepper on both sides.
- In a large pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steak. Cook, turning occasionally, 8 to 10 minutes, or until lightly browned.
- Leaving any browned bits (or fond) in the pan, transfer to a sheet pan.
- Roast 5 to 9 minutes for medium-rare (125°F), or until browned and cooked to your desired degree of doneness.\*
- Transfer to a cutting board; let rest at least 10 minutes.

If you chose **Flank Steaks**

- Meanwhile, pat the **steaks** dry with paper towels. Season with salt and pepper on both sides.
- In a large 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 Cook the kale

- Meanwhile, in the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped garlic**. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened.
- Add the **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly wilted.
- Add **1/2 cup of water** (carefully, as the liquid may splatter). Cook, stirring occasionally and scraping up any fond, 3 to 4 minutes, or until the kale is wilted and the water has cooked off.
- Turn off the heat. Stir in the **juice of 2 lemon wedges**. Taste, then season with salt and pepper if desired.



## 5 Make the compound butter & serve your dish

- In a bowl, combine the **softened butter**, **chopped capers**, **remaining spice blend**, **the juice of the remaining lemon wedges**, and **as much of the garlic paste as you'd like**. Using a fork, mash to thoroughly combine. 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 **oven fries** and **cooked kale**. Top the steaks with the **compound butter**. 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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