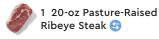


Ingredients*

Customized ingredients



SWAPPED FOR



or



4 Flank Steaks 🔄











on the app

The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

Serve with Blue Apron wine that has this symbol

blueapron.com/wine

^{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

- 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-inchthick 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.





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 mediumrare (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.



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

