





Ingredients*

Customized ingredients

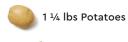




1 20-oz Pasture-Raised Ribeye Steak 😉



4 Flank Steaks 🔄



3/4 lb Carrots

1/2 lb Brussels Sprouts



2 cloves Garlic



1 oz Salted Butter



2 oz Monterey Jack Cheese



1 Tbsp Red Wine Vinegar



3 Tbsps Soy Glaze



3 Tbsps Ketchup



1 Tbsp Light Brown

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"Alexa, find Blue Apron recipes."

Prepare the ingredients & start the steak sauce

- Preheat the oven to 450°F.
- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- · Wash and dry the fresh produce.
- Medium dice the potatoes.
- Grate the cheese on the large side of a box grater.
- Peel the carrots; quarter lengthwise, then cut crosswise into 2-inch pieces.
- Cut off and discard the stem ends of the brussels sprouts; halve lengthwise.
- Peel and roughly chop 2 cloves of garlic.
- In a bowl, whisk together the soy glaze, vinegar, sugar, ketchup, and 1/4 cup of warm water until the sugar is dissolved.

2 Cook & mash the potatoes

- Add the diced potatoes to the pot of boiling water and cook 17 to 19 minutes, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add the grated cheese and butter. Using a fork or potato masher, mash to your desired consistency.



• Taste, then season with salt and pepper if desired. Cover to keep warm.

3 Roast the vegetables

- Meanwhile, place the carrot pieces and halved brussels sprouts on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- 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 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



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(125°F), or until browned and cooked to your desired degree of doneness.*

Step 4 continued:

• Leaving any browned bits (or fond) in the pan, transfer to a cutting board; let rest at least 5 minutes.

CUSTOMIZED STEP 4 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 browned.
- Leaving any browned bits (or fond) in the pan, transfer to a sheet pan.
- Roast in the oven 5 to 9 minutes for medium-rare (125°F), or until 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
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board; let rest at least 5 minutes.

5 Finish the steak sauce

- While the steaks rest, add the chopped garlic to the pan of reserved fond (if the pan seems dry, add a drizzle of olive oil). Cook on medium-high, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the sauce (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 1 to 2 minutes, or until the sauce is slightly thickened.
- Turn off the heat. 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; thinly slice crosswise against the grain.
- Serve the sliced steaks with the mashed potatoes and roasted vegetables. Top the steaks with the finished steak 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.





Produced in a facility that processes crustacean shellfish,



