

Steaks & Cheesy Mashed Potatoes

with Steak Sauce & Roasted Vegetables

4 SERVINGS

⌚ 30-40 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 1/4 lbs Potatoes



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 Sugar

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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & start the steak sauce

- Preheat the oven to 450°F.
- Fill a medium pot $\frac{3}{4}$ 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 $\frac{1}{4}$ **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 (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 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 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.

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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, sesame, and wheat.
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