

Seared Steaks & Soy Pan Sauce

with Cheesy Scallion Mashed Potatoes & Sautéed Broccoli

4 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**
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Ingredients*


Customized ingredients




4 Steaks 

SWAPPED FOR:



1 20-oz Pasture-Raised Ribeye Steak 

or
4 8-oz Pasture-Raised Tenderloin Steaks 



1 ¾ lbs Potatoes



1 lb Broccoli



2 cloves Garlic



2 Scallions



2 oz Smoked Gouda Cheese



½ cup Sour Cream



5 Tbsps Chicken Demi-Glaze



1 Tbsp Ketchup



3 Tbsps Soy Glaze



2 Tbsps Vegetarian Worcestershire Sauce



1 Tbsp Everything Bagel Seasoning¹

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1. Poppy Seeds, White Sesame Seeds, Black Sesame Seeds, Dried Minced Garlic, Dried Minced Onion & Coarse Salt
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & start the sauce

- 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.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Cut off and discard the bottom $\frac{1}{2}$ inch of the **broccoli** stem; cut the broccoli into small florets.
- Peel and roughly chop **2 cloves of garlic**.
- In a bowl, whisk together the **soy glaze**, **ketchup**, **worcestershire sauce**, **half the demi-glace**, and $\frac{1}{4}$ cup of water.



CUSTOMIZED STEP 1 If you chose Ribeye Steak

- Place an oven rack in the center of the oven; preheat to 450°F.
- Prepare the ingredients and start the sauce as directed in Step 1.

2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water. 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 **sour cream**, **grated cheese**, **sliced white bottoms of the scallions**, and a drizzle of **olive oil**; season with salt and pepper. 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 Cook the broccoli

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **broccoli florets** in an even layer; season with salt and pepper. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **remaining demi-glace** (carefully, as the liquid may splatter) and $\frac{1}{4}$ cup of water. Loosely cover the pan with foil and cook, stirring occasionally, 3 to 4 minutes, or until the liquid has cooked off.
- Add the **chopped garlic**. Cook, stirring frequently, 1 to 2 minutes, or until the broccoli is tender.



Step 3 continued:

- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.

4 Cook the steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- In the same 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 4

If you chose Ribeye Steak

- Pat the **steak** dry with paper towels; season with salt and pepper on both sides.
- In the same 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 Tenderloin Steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook 6 to 8 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 sauce & serve your dish

- To the pan of reserved fond, add the **sauce** (carefully, as the liquid may splatter). Cook on medium-high, stirring constantly and scraping up any fond, 2 to 3 minutes, or until slightly thickened.
- Turn off the heat. 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 **mashed potatoes** and **cooked broccoli**. Top the steaks with the **finished sauce**. Garnish the potatoes with the **everything bagel seasoning** and **sliced green tops of the scallions**. 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.