

## Ingredients\*

Customized ingredients



4 Steaks 😉







4 8-oz Pasture-Raised Tenderloin Steaks 🔄



1 1/4 lbs Potatoes



1 lb Broccoli



2 cloves Garlic



2 Scallions



2 oz Smoked Gouda Cheese



1/2 cup Sour Cream



5 Tbsps Chicken Demi-Glace



1 Tbsp Ketchup



3 Tbsps Soy Glaze



2 Tbsps Vegetarian Worcestershire Sauce



1 Tbsp Everything Bagel Seasoning<sup>1</sup>

# Cook along 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.

<sup>1.</sup> Poppy Seeds, White Sesame Seeds, Black Sesame Seeds, Dried Minced Garlic, Dried Minced Onion & Coarse Salt

<sup>\*</sup>Ingredients may be replaced and quantities may vary.



## "Alexa, find Blue Apron recipes."

# Prepare the ingredients & start the sauce

- 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.
- Thinly slice the scallions, separating the white bottoms and hollow green tops.
- Cut off and discard the bottom 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 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



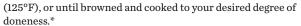
- Add the remaining demi-glace (carefully, as the liquid may splatter) and 1/4 cup of water. Loosely cover the pan with foil and cook, stirring occasionally, 3 to 4 minutes, or until the liquid has cooked off.
- Add the chopped garlic. Cook, stirring frequently, 1 to 2 minutes, or until the broccoli 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



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



#### If you chose Ribeye Steak

- Pat the **steak** dry with paper towels; season with salt and pepper on
- 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 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.

# 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
- 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

\*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,