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Customized ingredients







4 8-oz Pasture-Raised Tenderloin Steaks 😉



1 clove Garlic



1 bunch Chives





1 lb Broccoli



1 Lemon



¼ cup Grated Parmesan Cheese



4 oz Smoked Gouda Cheese



1 oz Salted Butter



Serve with Blue Apron wine that has this symbol blueapron.com/wine

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"Alexa, find Blue Apron recipes."

Prepare the ingredients

- Remove the **butter** from the refrigerator to soften.
- · Place an oven rack in the center of the oven; preheat 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.
- Cut off and discard the bottom 1/2 inch of the broccoli stem; cut the broccoli into small florets.
- Grate the **gouda** on the large side of a box grater.
- Thinly slice the chives.
- Halve the lemon crosswise; squeeze the juice into a large bowl, straining out the seeds.
- Peel 1 clove of garlic; using a zester or the small side of a box grater, finely grate into a paste.

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 grated gouda; 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.

3 Roast the broccoli

- Meanwhile, place the broccoli florets on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 14 to 16 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.* • Transfer to a cutting board and let rest at least 5 minutes.



CUSTOMIZED STEP 4 If you chose Tenderloin 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 6 to 8 minutes per side for mediumrare (125°F), or until browned and cooked to your desired degree of doneness.*
- Transfer to a cutting board and let rest at least 5 minutes.

5 Make the chive butter

- Meanwhile, in a bowl, combine the softened butter and sliced chives; season with salt and pepper.
- · Using a fork, mash to thoroughly combine.



6 Finish the broccoli & serve your dish

- To the bowl of lemon juice, add half the parmesan and as much of the garlic paste as you'd like. Stir to combine.
- Add the roasted broccoli: toss to coat. 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 finished broccoli and mashed potatoes. Top the steaks with the chive butter. Garnish the broccoli with the remaining parmesan. 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.





Blue Apron, LLC, New York, NY 10005

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