

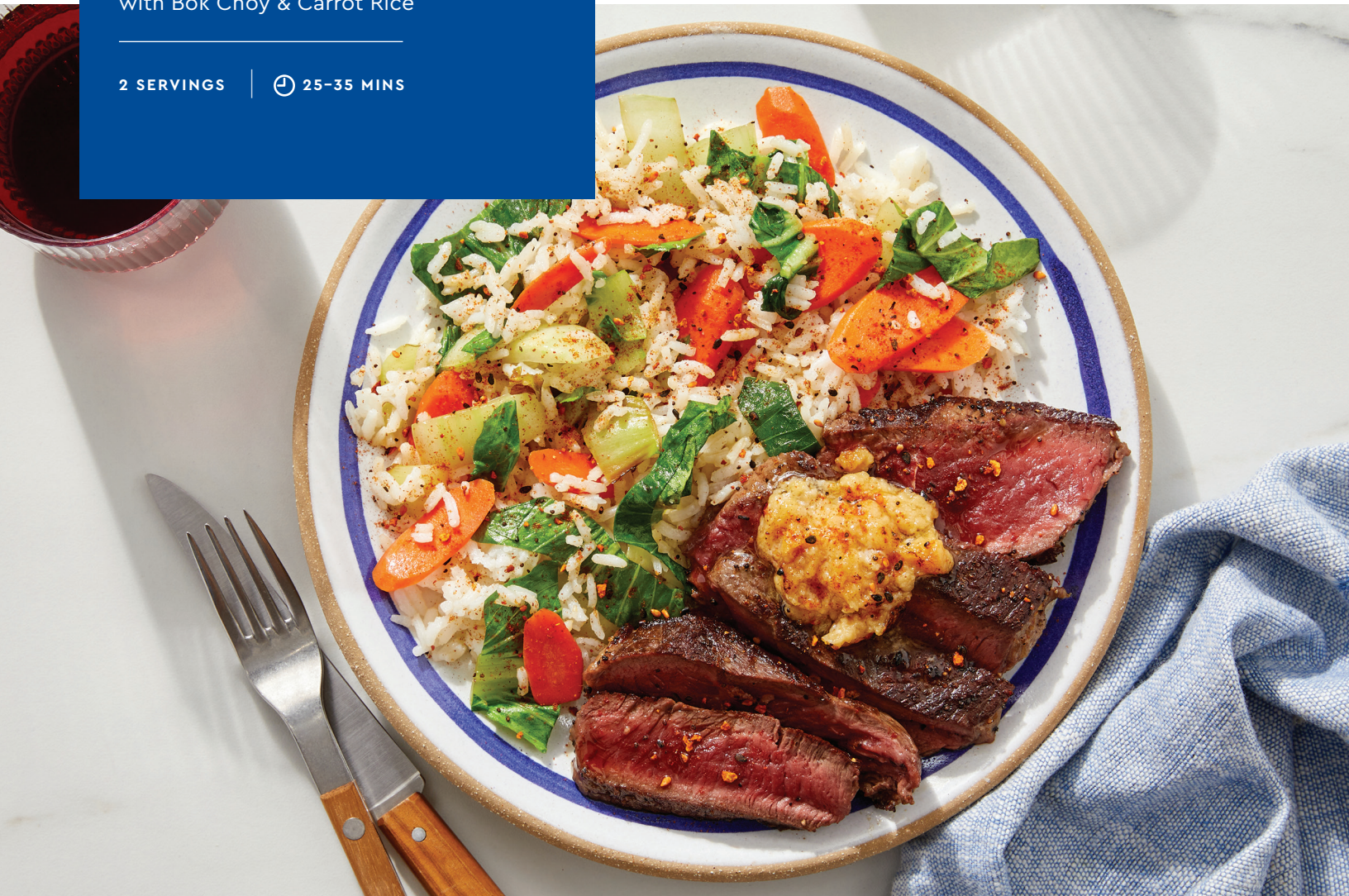
# Miso Butter Steaks

with Bok Choy & Carrot Rice

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**  
blueapron.com



## Ingredients\*


Customized ingredients



2 Steaks 


SWAPPED FOR:



1 20-oz Pasture-Raised Ribeye Steak 

or



2 8-oz Pasture-Raised Tenderloin Steaks 



½ cup Long Grain White Rice



6 oz Carrots



10 oz Baby Bok Choy



1 oz Salted Butter



1 Tbsp Sesame Oil



1 Tbsp Rice Vinegar



1 Tbsp Sweet White Miso Paste



2 Tbsps Soy Glaze



1 Tbsp Togarashi Seasoning<sup>1</sup>



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)

## Cook along on the app



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<sup>1</sup> Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds  
\*Ingredients may be replaced and quantities may vary.





"Alexa, find Blue Apron recipes."

## 1 Cook the rice

- Remove the **butter** from the refrigerator to soften.
- Remove the **miso paste** from the refrigerator to bring to room temperature.
- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a medium pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



## ↩ CUSTOMIZED STEP 1

*If you chose Ribeye Steak*

- Place an oven rack in the center of the oven; preheat to 450°F.
- Follow the directions in Step 1.

*If you chose Tenderloin Steaks*

- Follow the directions in Step 1.

## 2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the root ends of the **bok choy**; roughly chop, separating the stems and leaves.
- Peel the **carrots** and thinly slice on an angle.
- In a bowl, combine the **chopped bok choy stems** and **sliced carrots**.



## 3 Cook the steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- In a medium pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook, turning occasionally, 6 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 3

*If you chose Ribeye Steak*

- Pat the **steak** dry with paper towels; season with salt and pepper on both sides.
- In a medium 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 a medium 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.

## 4 Cook the vegetables & finish the rice

- While the steaks rest, to the pan of reserved fond, add the **prepared bok choy stems and carrots**; season with salt and pepper (if the pan seems dry, add a drizzle of olive oil). Cook on medium-high, stirring occasionally, 4 to 5 minutes, or until lightly browned.
- Add the **chopped bok choy leaves**. Cook, stirring occasionally, 1 to 2 minutes, or until wilted.
- Add the **vinegar** (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until the liquid has cooked off.
- Transfer to the pot of **cooked rice**. Add the **sesame oil** and stir to combine. Taste, then season with salt and pepper if desired.



## 5 Finish & serve your dish

- In a bowl, combine the **softened butter** and **miso paste**. Using a fork, mash until smooth.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **finished rice**. Top the steaks with the **soy glaze** and **miso butter**. Garnish with the **togarashi**. 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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