

Seared Steaks & Mushroom Agrodolce

with Roasted Potatoes & Brussels Sprouts

2 SERVINGS

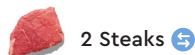
⌚ 30-40 MINS

 **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 



¾ lb Potatoes



½ lb Brussels Sprouts



4 oz Mushrooms



½ oz Sweet Drop Peppers



¾ cup Grated Parmesan Cheese



2 Tbsps Balsamic Vinegar



1 Tbsp Sugar



¼ tsp Crushed Red Pepper Flakes



1 Tbsp Weeknight Hero Spice Blend¹



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



15 Points[®] value per serving



Scan this barcode in your WW app to track Points[™]. Wine is not included in Points[™] as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 Points[™]) instead of olive oil (1 Points[™] value per teaspoon) to coat your pan before heating.

If you customized this recipe, your Points may differ from what's above.

To learn more about the (NEW!) WW Points[™] program, visit ww.com. The WW logo, Points and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Thinly slice the **mushrooms**.



2 Roast the potatoes & brussels sprouts

- Place the **diced potatoes** and **halved brussels sprouts** in a bowl. Drizzle with **olive oil**; season with salt, pepper, and enough of the **spice blend** to coat (you may have extra). Toss to thoroughly coat.
- Reserving the bowl, transfer to a sheet pan and arrange in an even layer.
- Roast 19 to 21 minutes, or until browned and tender when pierced with a fork.
- Transfer to the reserved bowl. Add the **cheese**; toss to coat. Taste, then season with salt and pepper if desired.



3 Cook the steaks

- Meanwhile, 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.



4 CUSTOMIZED STEP 3

If you chose Ribeye Steak

- Meanwhile, 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

- Meanwhile, 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 Make the mushroom agrodolce

- While the steaks rest, in the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced mushrooms** in an even layer. Cook, without stirring, 1 to 2 minutes, or until lightly browned. Season with salt and pepper. Continue to cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- Add the **sugar**, **vinegar** (carefully, as the liquid may splatter), and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently and scraping up any fond, 2 to 3 minutes, or until the mushrooms are coated and the sauce is slightly thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.



5 Slice the steaks & serve your dish

- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **finished potatoes and brussels sprouts**. Top the steaks with the **mushroom agrodolce**. Garnish with the **peppers**. 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.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. If you purchased this recipe outside of blueapron.com, nutrition information can be found on the retailer's product page. | Food safety handling information: blog.blueapron.com/foodsafety

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.
Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [@](#) Share your photos with #blueapron

