

Steaks & Garlic Mashed Potatoes

with Summer Vegetables

2 SERVINGS

⌚ 35-45 MINS


 **Blue Apron**
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Ingredients*


Customized ingredients



2 Steaks 

SWAPPED FOR:



2 8-oz Pasture-Raised Tenderloin Steaks 



¾ lb Potatoes



1 Zucchini



1 clove Garlic



1 Tbsp Capers



4 oz Grape Tomatoes



1 oz Salted Butter



2 Tbsps Crème Fraîche



1 Tbsp Sherry Vinegar



¼ tsp Crushed Red Pepper Flakes



Serve with Blue Apron wine that has this symbol
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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Remove the **butter** from the refrigerator to soften.
- 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**.
- Peel 1 clove of **garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- Medium dice the **zucchini**.
- Roughly chop the **capers**.
- Halve the **tomatoes**; place in a medium bowl. Add the **vinegar**, a drizzle of **olive oil**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper; stir to coat.



2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water and cook 16 to 18 minutes, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **crème fraîche**, a drizzle of **olive oil**, and **as much of the garlic paste as you'd like**. 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 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 and let rest at least 5 minutes.



CUSTOMIZED STEP 3 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 and let rest at least 5 minutes.

4 Cook the zucchini & finish the vegetables

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced zucchini** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper.
- Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and softened.
- Transfer to the bowl of **dressed tomatoes**. Stir to combine. Taste, then season with salt and pepper if desired.



5 Make the caper butter & serve your dish

- In a bowl, combine the **softened butter** and **chopped capers**. Using a fork, mash to thoroughly combine.
- 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 **finished vegetables**. Top the steaks with the **caper butter**. 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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