

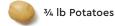
## Ingredients\*

Customized ingredients



CWARRED FOR





1 Zucchini











2 Tbsps Crème Fraîche



1 Tbsp Sherry Vinegar



½ tsp Crushed Red Pepper Flakes



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

# 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.



#### "Alexa, find Blue Apron recipes."

# 1 Prepare the ingredients

- Remove the **butter** from the refrigerator to soften.
- 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.
- 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.
- $\bullet$  Taste, then season with salt and pepper if desired. Cover to keep warm.



- 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.



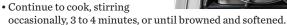


#### CUSTOMIZED STEP 3 If you chose Tenderloin Steaks

- 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 mediumhigh 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.



 Transfer to the bowl of dressed tomatoes. Stir to combine. Taste, then season with salt and pepper if desired.



- 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

  To the steak with the

vegetables. Top the steaks with the caper butter. Enjoy!







egg, fish, milk, peanuts, soy, tree nuts, sesame, and wheat