

# Steaks & Blueberry Bourbon Pan Sauce

with Mashed Potatoes & Roasted Carrots

2 SERVINGS

⌚ 35-45 MINS


 **Blue Apron**  
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## Ingredients\*

Customized ingredients



2 Top Sirloin Steaks 


SWAPPED FOR:



2 Flank Steaks 

or



1 20-oz Pasture-Raised Ribeye Steak 



¾ lb Potatoes



¾ lb Carrots



½ oz Salted Butter



¾ cup Grated Parmesan Cheese



2 Tbsps Vegetarian Worcestershire Sauce



1 oz Blueberry Bourbon Spread



1 Tbsp Whole Grain Dijon Mustard

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\*Ingredients may be replaced and quantities may vary.



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### 1 Prepare the ingredients & start the sauce

- Preheat the oven to 450°F.
- Line a sheet pan with foil.
- 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 the **carrots**; halve crosswise, then quarter lengthwise.
- In a bowl, combine the **mustard, blueberry spread, worcestershire sauce**, and **1 tablespoon of water**.



### 2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water. 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 **half the parmesan** and a drizzle of **olive oil**. 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 Roast the carrots

- Meanwhile, place the **carrot sticks** on the sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 15 to 17 minutes, or until lightly 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 medium pan (nonstick, if you have one), 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 4

#### *If you chose Flank Steaks*

- Meanwhile, pat the **steaks** dry with paper towels; season with salt and pepper on both sides.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook 4 to 6 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.

#### *If you chose Ribeye Steak*

- Meanwhile, pat the **steak** dry with paper towels; season with salt and pepper on both sides.
- In a large pan (nonstick, if you have one), 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.

### 5 Finish the sauce & serve your dish

- While the steaks rest, to the pan of reserved fond, add the **sauce** (carefully, as the liquid may splatter). Cook on medium-high, stirring constantly and scraping up any fond, 30 seconds to 1 minute, or until slightly thickened.
- Turn off the heat. Stir in the **butter** until melted and combined. 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 **mashed potatoes** and **roasted carrots**. Top the steaks with the **finished sauce**. Garnish the carrots and potatoes 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.

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