

# Seared Steaks & Creamy Dijon Pan Sauce

with Honey-Habanero Carrots & Mashed Potatoes

4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**  
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## Ingredients\*

Customized ingredients


 4 Top Sirloin Steaks 


SWAPPED FOR:


 4 Flank Steaks 

 1 ½ lbs Potatoes


 2 Shallots

 1 ½ lbs Carrots

 1 oz Salted Butter

 ½ cup cream

 2 Tbsps Dijon Mustard

 4 tsps Smoky Honey Habanero Spice Blend<sup>1</sup>

## Seasonally Inspired Add-ons



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1. Honey Granules, Brown Sugar, Smoked Paprika, Salt & Habanero Powder  
\*Ingredients may be replaced and quantities may vary.

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### 1 Prepare the ingredients & start the sauce

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a large 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**; quarter lengthwise, then cut crosswise into 2-inch pieces.
- Halve, peel, and finely chop the **shallots**. Place in a medium bowl; add the **mustard** and **2 tablespoons of water**. Stir to combine.



### 2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water. Cook 17 to 19 minutes, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **butter** 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 & finish the carrots

- Meanwhile, line a sheet pan with foil.
- Place the **carrots pieces** on the foil. Drizzle with **olive oil** and season with salt and pepper. Toss to coat; arrange in an even layer.
- Roast 16 to 18 minutes, or until browned and tender when pierced with a fork.
- Transfer to a bowl; add **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be. Toss to coat.



### 4 Cook the steaks

- Meanwhile, pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- In a large 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 and 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 large 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 and let rest at least 5 minutes.

### 5 Finish the sauce & serve your dish

- To the pan of reserved fond, add the **sauce** (carefully, as the liquid may splatter). Cook on medium-high, stirring frequently and scraping up any fond, 1 to 2 minutes, or until slightly thickened.
- Add the **cream** (shaking the packet before opening). Cook, stirring frequently, 30 seconds to 1 minute, or until combined.
- Turn off the heat. 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 **finished carrots**. Top the steaks with the **finished sauce**. 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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