

# Seared Steaks & Soy Glaze

with Mashed Potatoes & Togarashi Vegetables

🕒 35-45 MINS | 2 SERVINGS

We're giving this steakhouse-style dish an Asian twist thanks to sweet soy glaze spooned over our seared steaks, and a side of carrots and zucchini coated with soy sauce, vinegar, sugar, and togarashi—a vibrant, complex blend that highlights dried orange peel, paprika, and sesame seeds. Our other side of smooth mashed potatoes rounds out the dish on a hearty note.



## MATCH YOUR BLUE APRON WINE



Rich & Decadent

Serve a bottle with this symbol for a great pairing.



## Ingredients



2  
STEAKS



2 cloves  
GARLIC



6 oz  
CARROTS



2 Tbsps  
SOY GLAZE



1 Tbsp  
SUGAR



1 Tbsp  
TOGARASHI  
SEASONING\*



¾ lb  
GOLDEN OR RED  
POTATOES



1  
ZUCCHINI



2 Tbsps  
CRÈME FRAÎCHE



1 Tbsp  
SOY SAUCE



1 Tbsp  
WHITE WINE  
VINEGAR

\*Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds



To find out more about Wellness at Blue Apron visit us at [www.blueapron.com/pages/wellness](http://www.blueapron.com/pages/wellness), or for further nutrition information see the Nutrition Facts card.



### 1 Prepare the ingredients:

- 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 **2 cloves of garlic**.
- Peel the **carrots**; halve crosswise, then quarter lengthwise.
- Halve the **zucchini** crosswise, then cut into  $\frac{1}{2}$ -inch-thick sticks.
- In a bowl, whisk together the **sugar** and **vinegar** until the sugar has dissolved.



### 2 Cook & mash the potatoes:

- Add the **diced potatoes** and **peeled garlic cloves** 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 the **crème fraîche**; season with salt and pepper. 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 **1 teaspoon of olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook, turning occasionally, 8 to 10 minutes for medium-rare, 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 loosely cover with foil to keep warm. Let rest at least 5 minutes.



### 4 Cook the vegetables:

- While the steaks rest, in the pan of reserved fond, heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **carrot pieces**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Add the **zucchini sticks**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until lightly browned.
- Add the **sugar-vinegar mixture**. Cook, stirring frequently, 2 to 3 minutes, or until the vegetables are softened.
- Add the **soy sauce**. Cook, stirring constantly, 1 to 2 minutes, or until the vegetables are coated.
- Turn off the heat; add **half the togarashi** and stir to coat.



### 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 **mashed potatoes** and **cooked vegetables**. Top the steaks with the **soy glaze**. Garnish with the **remaining togarashi**. Enjoy!

\*\*An instant-read thermometer should register 145°F.



**NUTRITION PER SERVING (AS PREPARED)\*** Calories: 650, Total Carbohydrates: 59g, Dietary Fiber: 8g, Added Sugar: 15g, Total Fat: 30g, Saturated Fat: 13g, Protein: 38g, Sodium: 2080mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

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

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