

Spiced Steak & Honey Butter

with Mashed Sweet Potatoes & Lemon-Dressed Broccoli

🕒 25-35 MINS | 2 SERVINGS

Originally from Egypt, dukkah is a blend of herbs and spices whose warming flavor and crunchy texture creates an immensely flavorful crust on our seared steak—a perfect complement to the rich, sweet mix of butter and honey dolloped on top. It's all complete with two simple, comforting sides of mashed sweet potatoes and tender roasted broccoli brightened with a bit of fresh lemon juice.

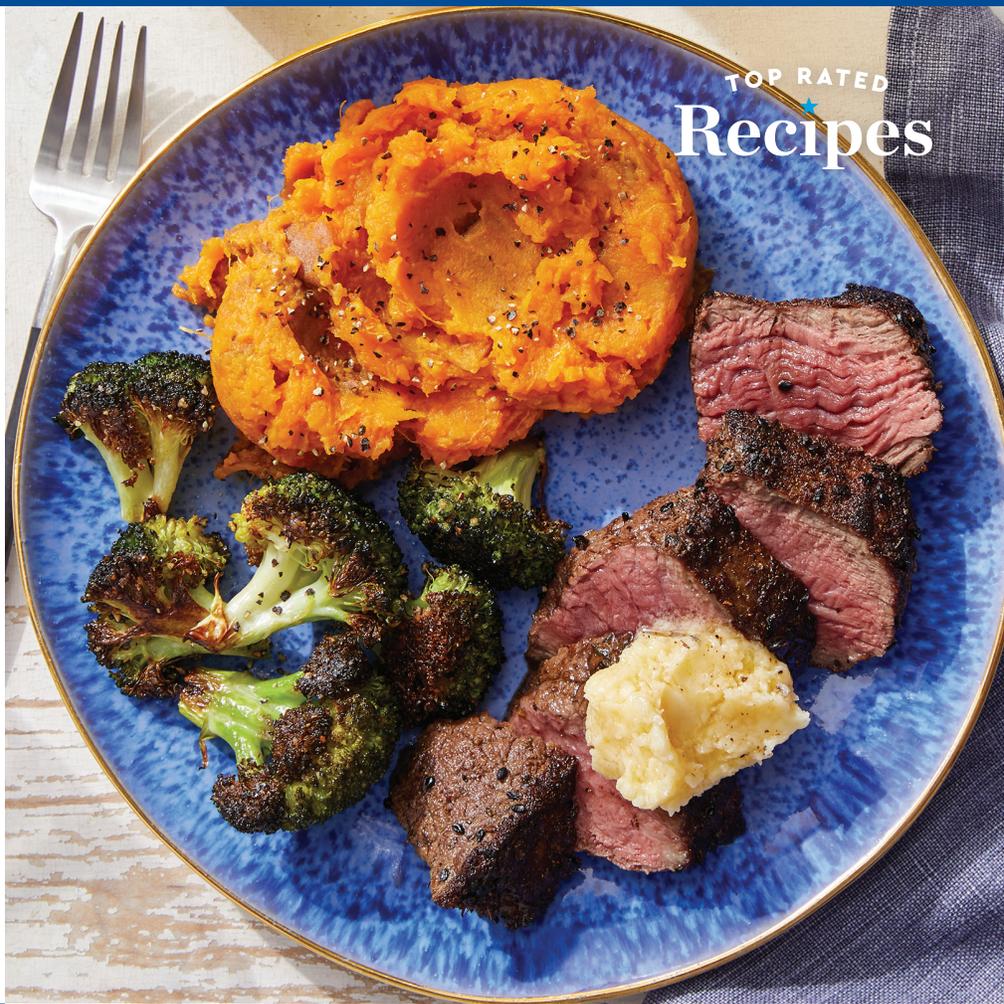


MATCH YOUR BLUE APRON WINE



Light & Bright

Serve a bottle with this symbol for a great pairing.



Ingredients



1 12 oz
NEW YORK STRIP
STEAK



1/2 lb
BROCCOLI



2 tsps
HONEY



1
LEMON



1 lb
SWEET POTATOES



2 Tbsps
BUTTER



1 Tbsp
DUKKAH
SEASONING*

*Za'atar, Ground Coriander, Ground Fennel Seeds, Ground Cumin & Black Sesame Seeds



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



1 Prepare the ingredients:

- Remove the **butter** from the refrigerator to soften. Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven, then preheat to 450°F.
- 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.
- Cut off and discard the bottom $\frac{1}{2}$ inch of the **broccoli** stem; cut the broccoli into small florets.
- Quarter and deseed the **lemon**.
- Medium dice the **sweet potatoes**.



2 Roast & dress the broccoli:

- Place the **broccoli florets** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork.
- Transfer to a medium bowl; add the **juice of 2 lemon wedges** and toss to coat. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.



3 Cook & mash the sweet potatoes:

- Meanwhile, add the **diced sweet 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 **1 tablespoon of olive oil** and 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.



4 Cook the steak:

- Meanwhile, pat the **steak** dry with paper towels; season on both sides with salt, pepper, and **up to half the dukkah** (you will have extra).
- In a medium pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steak. Cook 5 to 7 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness.**
- Transfer to a cutting board and let rest at least 5 minutes.



5 Make the honey butter & serve your dish:

- While the steak rests, in a bowl, combine the **softened butter** and **honey** (kneading the packet before opening). Using a fork, mash until smooth.
- Find the lines of muscle (or grain) on the **rested steak**; thinly slice crosswise against the grain.
- Serve the **sliced steak** with the **dressed broccoli** and **mashed sweet potatoes**. Top the steak with the **honey butter**. Serve the **remaining lemon wedges** on the side, if desired. Enjoy!

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



NUTRITION PER SERVING (AS PREPARED)* Calories: 670, Total Carbohydrates: 61g, Dietary Fiber: 10g, Added Sugar: 6g, Total Fat: 30g, Saturated Fat: 12g, Protein: 44g, Sodium: 1220mg.

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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