

Pan-Seared Steaks & Green Beans

with Sour Cream &
Cheesy Scallion Potato Cakes

4 SERVINGS | 40-50 MINS

 **Blue Apron**
blueapron.com



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Ingredients

Customized ingredients



4 Steaks 

SWAPPED FOR:



4 Flank Steaks 



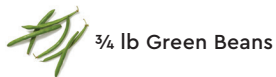
4 Scallions



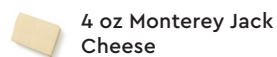
1 Tbsp Sugar



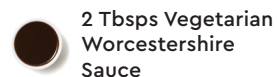
1 cup Biscuit Mix



¾ lb Green Beans



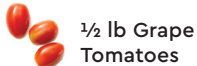
4 oz Monterey Jack Cheese



2 Tbsps Vegetarian Worcestershire Sauce



1 cup Potato Flakes



½ lb Grape Tomatoes



½ cup Sour Cream



1 Tbsp Sherry Vinegar

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

Cook along on the app



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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & marinate the tomatoes

- Place an oven rack in the center of the oven, then preheat to 250°F (you will use the oven to keep your cooked potato cakes warm).
- Wash and dry the fresh produce.
- Thinly slice the **scallions**.
- Grate the **cheese** on the large side of a box grater.
- Cut off and discard any stem ends from the **green beans**.
- Halve the **tomatoes**.
- In a medium bowl, whisk together the **sugar**, **vinegar**, and **half the worcestershire sauce** until the sugar has dissolved. Add the **halved tomatoes**; season with salt and pepper. Stir to coat. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



2 Make the batter

- Meanwhile, in a medium bowl, combine the **potato flakes**, **biscuit mix**, **sliced scallions**, **grated cheese**, and **1 1/3 cups of water**; season with salt and pepper.
- Set aside to let the batter rest.



3 Cook the steaks

- 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 **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook, turning occasionally, 8 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 loosely cover with foil to keep warm. Let rest at least 5 minutes.



4 Cook the green beans

- Follow the directions in Step 3, but cook the steaks 3 to 5 minutes per side for medium-rare (125°F), or until browned and cooked to your desired degree of doneness.*

4 Cook the green beans

- While the steaks rest, add the **green beans** to the pan of reserved fond (if the pan seems dry, add a drizzle of olive oil). Cook on medium-high, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until the water has cooked off.
- Add the **remaining worcestershire sauce**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until the green beans are coated.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Rinse and wipe out the pan.



5 Cook the potato cakes & serve your dish

- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Working in two batches, scoop **half the batter** into the pan to make 4 equal-sized cakes, keeping them separate.
- Using the back of a spoon, gently flatten each cake into a 3- to 5-inch diameter. Cook 4 to 5 minutes per side, or until golden brown and cooked through.
- Transfer the **cooked potato cakes** to a sheet pan; immediately season with salt. Place in the oven to keep warm.
- Repeat with the **remaining batter**.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **cooked potato cakes** and **cooked green beans**. Top the potato cakes with the **sour cream**. Top the steaks with the **marinated tomatoes** (including as much of the liquid as you'd like). 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.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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