

Steak & Tempura Green Beans

with Maple-Soy Pan Sauce & Aromatic Rice

2 SERVINGS

30-40 MINS

 Blue Apron

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 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*

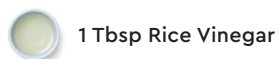
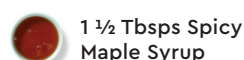
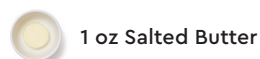
 Serve with Blue Apron wine that has this symbol blueapron.com/wine

Ingredients

Customized ingredients



SWAPPED FOR:
 2 10-oz No Added Hormones NY Strip Steaks 



Cook along on the app



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¹ Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & start the sauce

- Wash and dry the fresh produce.
- Cut off and discard any stem ends from the **green beans**; cut crosswise into 1-inch pieces.
- Cut the **scallions** into 1-inch pieces.
- In a bowl, whisk together the **soy glaze**, **maple syrup**, **vinegar**, and **2 tablespoons of water**.



2 Cook & finish the rice

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Add the **sautéed aromatics**; stir to combine. Cover to keep warm.



3 Make the tempura vegetables

- Meanwhile, in a large bowl, whisk together the **tempura mix**, **togarashi**, and $\frac{1}{3}$ **cup of cold water**. Season with salt and pepper.
- Add the **green bean pieces** and **scallion pieces**; stir to thoroughly coat.
- In a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of batter sizzles immediately when added, carefully add the **coated green beans and scallions** in an even layer (letting any excess batter drip off). Cook, without stirring, 3 to 4 minutes, or until golden brown.



Step 3 continued:

- Continue to cook, stirring occasionally, 3 to 4 minutes, or until golden brown on all sides.
- Transfer to a paper towel-lined plate and immediately season with salt.
- Rinse and wipe out the pan.

4 Cook the steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- In the same pan, heat a drizzle 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 let rest at least 5 minutes.



↻ CUSTOMIZED STEP 4 If you chose Strip Steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook 2 to 3 minutes, or until browned. Flip and cook 1 to 2 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.

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 **finished rice** and **tempura vegetables**. 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.

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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