

Cantonese-Style Beef & Vegetable Stir-Fry

with Shiitake Mushrooms & Brown Rice

Stir-frying (or lightly pan-frying while stirring, traditionally in a wok) is a quick, easy and incredibly delicious preparation. But what makes it truly special is the use of a rich sauce. In Cantonese cuisine, black bean sauce is a classic. A robust mixture of black beans, hot peppers and vinegar, it coats and infuses the ingredients, thickening the dish and uniting its flavors. We're pairing our Cantonese-style stir-fry with a side of lime-dressed brown rice for a simple, satisfying meal.



Ingredients

- 1 Pound Stir-Fry Cut Beef
- 1½ Cups Brown Rice
- 8 Ounces Shiitake Mushrooms
- 3 Scallions
- 2 Carrots
- 1 Lime
- ¾ Pound Napa Cabbage

Knick Knacks

- 2 Tablespoons Soy Sauce
- 1 1-Inch Piece Ginger
- 1 Tablespoon Cornstarch
- ¼ Cup Black Bean Sauce

Makes 4 Servings

About 535 Calories Per Serving

Cooking Time: 35 to 45 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp49

1



Prepare the ingredients:

Wash and dry the fresh produce. Remove the beef from the refrigerator to bring to room temperature. Trim off and discard the mushroom stems; thinly slice the caps. Peel the carrots and thinly slice on an angle. Remove and discard the root ends of the scallions; thinly slice the scallions on an angle, separating the white bottoms and green tops. Quarter the lime. Remove and discard the cabbage core; thinly slice the leaves. Peel and mince the ginger.

2



Cook the rice:

In a small pot, combine the **rice**, a **big pinch of salt** and **3 cups of water**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Simmer 28 to 30 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and stir in **the juice of 2 lime wedges**. Transfer to a serving dish. Set aside in a warm place.

3



Start the vegetables:

While the rice cooks, in a large pan (nonstick, if you have one), heat 1 tablespoon of oil on medium-high until hot. Add the **mushrooms** and cook, stirring occasionally, 4 to 6 minutes, or until browned. Add the **carrots** and cook, stirring occasionally, 1 to 2 minutes, or until slightly tender.

4



Add the cabbage & aromatics:

While the rice continues to cook, to the pan of mushrooms and carrots, add the **cabbage**, **ginger** and **white bottoms of the scallions**. Cook, stirring frequently, 2 to 3 minutes, or until softened and fragrant. Transfer to a bowl and set aside. Wipe out the pan.

5



Cook the beef:

While the rice finishes cooking, place the **cornstarch** in a medium bowl. Add the **beef** and season with salt and pepper; toss to coat. In the same pan used to cook the vegetables, heat 1 tablespoon of oil on medium-high until hot. Add the coated beef and cook, stirring occasionally, 3 to 5 minutes, or until browned and cooked through.

6



Finish & serve your dish:

Add the **soy sauce**, **black bean sauce** and **cooked vegetables** to the pan of beef; stir to thoroughly combine. Cook, stirring frequently, 2 to 3 minutes, or until heated through. Turn off the heat and stir in **the juice of the remaining lime wedges**. Season with salt and pepper to taste. Transfer to a serving dish. Serve with the **cooked rice** on the side. Garnish with the **green tops of the scallions**. Enjoy!