To make this fast-cooking stir-fry, we’re using hearty vegetables, plus tender slices of seared beef and a complex, savory-sweet sauce. It’s a celebration of the Cantonese phrase “wok hay,” which loosely translates to “essence of the wok,” and refers to the exquisitely fresh texture and flavor that stir-frying locks in: our carrots stay crunchy, our petite fairy tale eggplants creamy and our bok choy delicate and crisp. Fragrant, garlic-infused jasmine rice completes this delectably filling meal.

**Blue Apron Wine Pairings**
Vermillion Red, 2014
Château Champ d’Eymet Bordeaux Red, 2015

---

**Ingredients**
1½ Pounds Thinly Sliced Beef
4 Carrots
2 Cloves Garlic
2 Fairy Tale Eggplants
1 Scallion
¾ Pound Baby Bok Choy

**Knick Knacks**
3 Tablespoons Hoisin Sauce
2 Tablespoons Cornstarch
2 Tablespoons Sesame Oil
1 1-Inch Piece Ginger
¼ Cup Ponzu Sauce

**Makes:** 4 servings  |  **Calories:** about 730 per serving
**Prep Time:** 15 minutes  |  **Cook Time:** 15–25 minutes

---

For cooking tips & tablet view, visit blueapron.com/recipes/fp334

Recipe #334
Prepare the ingredients:
Wash and dry the fresh produce. Peel and finely chop the garlic. Peel the carrots; thinly slice on an angle. Halve the eggplants lengthwise; cut crosswise into ¼-inch-thick pieces. Cut off and discard the root ends of the bok choy; separate the leaves. Peel and finely chop the ginger. Cut off and discard the root end of the scallion; thinly slice on an angle, separating the white bottom and green top.

Cook the beef:
While the rice cooks, using your hands, separate the sliced beef. Pat dry with paper towels and transfer to a large bowl; season with salt and pepper and toss to coat. Add the cornstarch; toss to thoroughly coat. In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on high until hot. Working in 2 batches, add the coated beef in a single, even layer. Cook, without stirring, 1 to 2 minutes, or until browned on the first side. Continue to cook, stirring constantly, 30 seconds to 1 minute, or until just cooked through and tender. Transfer to a plate, leaving any browned bits (or fond) in the pan.

Start the stir-fry:
While the rice continues to cook, add 1 tablespoon of olive oil to the pan; heat on medium-high until hot. Add the carrots and eggplants; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until lightly browned and slightly softened. Add the bok choy, sesame oil, ginger and white bottom of the scallion; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened and fragrant.

Finish the stir-fry:
Add the ponzu sauce to the pan. Cook, stirring frequently, 30 seconds to 1 minute, or until the liquid is slightly reduced in volume. Add the cooked beef and hoisin sauce. Cook, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until thoroughly coated and heated through. Remove from heat.

Make the garlic rice:
In a medium pot, heat 1 tablespoon of olive oil on medium-high until hot. Add the garlic; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add 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. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff the cooked rice with a fork. Set aside in a warm place.

Plate your dish:
Divide the garlic rice and finished stir-fry between 4 dishes. Garnish with the green top of the scallion. Enjoy!