

Hoisin Beef & Vegetable Stir-Fry

with Fairy Tale Eggplants & Garlic Rice

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
1½ Cups Jasmine Rice
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

1



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.

2



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.

3



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.

4



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.

5



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.

6



Plate your dish:

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