

Masala-Spiced Beef

with Plum Rice & Lime Yogurt

PREP TIME: 15 minutes

COOK TIME: 20-30 minutes

SERVINGS: 2

Masalas are spice blends (whose name comes from the Hindi word for “spice”) that create the foundation of countless South Asian dishes. Here, we’re cooking beef in a sauce made with an exciting blend that includes amchoor—a sweet-tart powder made of dried green mango. We’re adding in summer squash (yours may be yellow squash, or green or grey zucchini) and spinach, then serving it all over a bed of rice studded with juicy marinated plum. A dollop of lime-seasoned yogurt balances the dish with a cooling final touch.



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Ingredients



10 oz
GROUND BEEF



2/3 cup
BASMATI RICE



1/2 cup
PLAIN GREEK
YOGURT



4 oz
SPINACH



1
LIME



1
PLUM



1
SUMMER SQUASH



1 bunch
CILANTRO

KNICK KNACKS:



2 Tbsp
TOMATO PASTE



1
SHALLOT



2 tsp
SUGAR



1 Tbsp
MASALA BEEF
SPICE BLEND*

* Ground Cumin, Ground Fennel Seeds, Garam Masala, Amchoor Powder, Ground Ginger, & Cayenne Pepper



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1 Prepare the ingredients & marinate the plum:

- ☐ Wash and dry the fresh produce.
- ☐ Quarter the squash lengthwise; cut crosswise into 1/2-inch-thick pieces.
- ☐ Peel the shallot; cut crosswise into 1/4-inch-thick pieces.
- ☐ Roughly chop the cilantro leaves and stems.
- ☐ Quarter the lime.
- ☐ To make the lime yogurt, in a bowl, combine the **yogurt** and the **juice of 1 lime wedge**; season with salt and pepper to taste.
- ☐ Pit and small dice the plum; place in a bowl with the **sugar** and the **juice of 1 lime wedge**. Stir to combine. Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.



2 Cook the rice:

- ☐ While the plum marinates, in a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**; heat to boiling on high.
- ☐ Once boiling, cover and reduce the heat to low. Cook 14 to 16 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff the cooked rice with a fork.
- ☐ Stir in the **marinated plum** (including any marinating liquid); season with salt and pepper to taste.

3 Cook the squash:

- ☐ While the rice cooks, in a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot. Add the **squash** and **shallot**. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper. Continue to cook, stirring occasionally, 2 to 3 minutes, or until browned and softened. Transfer to a plate. Wipe out the pan.



4 Cook the beef:

- ☐ While the rice continues to cook, in the same pan, heat a drizzle of olive oil on medium-high until hot. Add the **ground beef**; season with salt and pepper. Cook, stirring occasionally and breaking the meat apart with a spoon, 2 to 3 minutes, or until lightly browned.
- ☐ Add the **tomato paste** and **as much of the spice blend as you'd like**. Cook, stirring frequently, 3 to 4 minutes, or until the tomato paste is dark red and the beef is cooked through.
- ☐ Add **3/4 cup of water**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until the liquid is slightly reduced in volume. Season with salt and pepper to taste.



5 Finish & plate your dish:

- ☐ Add the **spinach** and **cooked squash** to the pan; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the spinach has wilted.
- ☐ Turn off the heat and add the **juice of the remaining lime wedges**. Stir to thoroughly combine; season with salt and pepper to taste.
- ☐ Divide the **cooked rice** between 2 dishes. Top with the **finished beef and vegetables** and a spoonful of the **lime yogurt**. Garnish with the **cilantro**. Serve with the **remaining lime yogurt** on the side. Enjoy!