

Cumin-Sichuan Beef & Peppers

with Bok Choy & Brown Rice

 20-30 MINS | 4 SERVINGS

The classic northern Chinese pairing of earthy cumin and tingly Sichuan peppercorn in our flavor-packed sauce (which also stars sweet soy glaze and pickled peppers) gives this easy beef stir-fry its dynamic depth of flavor.



MATCH YOUR BLUE APRON WINE



Fruity & Savory

Serve a bottle with this symbol for a great pairing.

Ingredients



1 1/8 lbs
THINLY SLICED
BEEF



1/2 lb
SWEET PEPPERS



2 cloves
GARLIC



1 oz
SWEET PIQUANTE
PEPPERS



1/4 cup
RICE FLOUR



1 tsp
BLACK & WHITE
SESAME SEEDS



1 1/8 cups
BROWN RICE



15 oz
BABY BOK CHOY



3 Tbsps
CUMIN & SICHUAN
PEPPERCORN
SAUCE



1/3 cup
SOY GLAZE



1 Tbsp
SESAME OIL



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card in your box.



1 Cook the rice:

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **rice** and cook, uncovered, 17 to 19 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2 Prepare the ingredients & make the sauce:

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the root ends of the **bok choy**; thinly slice.
- Peel and roughly chop **2 cloves of garlic**.
- Combine the **sliced bok choy** and **chopped garlic** in a bowl.
- Cut off and discard the stems of the **sweet peppers**; remove the cores, then thinly slice into rings.
- Roughly chop the **piquante peppers**.
- In a bowl, combine the **cumin-Sichuan sauce**, **soy glaze**, **chopped piquante peppers**, and $\frac{1}{2}$ cup of water.



3 Cook the bok choy:

- In a large pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **prepared bok choy and garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Transfer to a bowl; cover with foil to keep warm.
- Wipe out the pan.



4 Make the stir-fry & serve your dish:

- Separate the **beef**; pat dry with paper towels. Place in a bowl; season with salt and pepper. Add the **flour** and toss to thoroughly coat.
- In the same pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of flour sizzles immediately when added, add the **coated beef** in an even layer (discarding any excess flour). Cook, without stirring, 2 to 3 minutes, or until browned.
- Add the **sliced sweet peppers** and **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 2 to 3 minutes, or until the peppers are softened and the beef is just cooked through. Turn off the heat.
- Add the **cooked bok choy** to the pot of **cooked rice**; stir to combine.
- Serve the **beef stir-fry** with the **finished rice**. Garnish with the **sesame seeds**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)* Calories: XXX, Total Carbohydrates: XXg, Dietary Fiber: XXg, Added Sugar: Xg, Total Fat: XXg, Saturated Fat: XXg, Protein: XXg, Sodium: XXXXmg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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