Sweet & Spicy Beef
with Jasmine Rice & Crispy Shallot

Tonight, we’re dressing up hearty ground beef with some of our favorite Thai flavors, including a spicy-sweet sauce, plenty of fresh herbs, and crispy shallot, a traditional Thai garnish. We’re using spicy bird’s eye chile and sweet honey to make the irresistible sauce for the beef, and serving the hearty mixture atop fragrant jasmine rice. Sautéed summer squash (you may receive green zucchini, grey zucchini or yellow squash) tossed with sweet peppers adds a touch of seasonal flair.

MATCH YOUR BLUE APRON WINE

Rich & Decadent
Serve a bottle with this symbol for a great pairing.

Ingredients

10 oz GROUND BEEF
½ cup JASMINE RICE
1 LIME
2 cloves GARLIC
2 Tbsp RICE FLOUR
2 tsp GOLDEN MOUNTAIN SAUCE
1 Tbsp HONEY
1 bunch CILANTRO & MINT
4 oz SWEET PEPPERS
1 SUMMER SQUASH
2 SCALLIONS
1 BIRD’S EYE CHILE
1 SHALLOT
1 Prepare the ingredients:
- Remove the honey from the refrigerator to bring to room temperature.
- Wash and dry the fresh produce.
- Peel and thinly slice the shallot; place in a medium bowl.
- Large dice the squash.
- Cut off the discard the sweet pepper stems; halve lengthwise, then remove and discard the ribs and seeds. Thinly slice crosswise.
- Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- Peel and roughly chop the garlic.
- Quarter the lime.
- Pick the cilantro and mint leaves off the stems; discard the stems.
- Cut off and discard the stem end of the chile; thinly slice into rounds. Thoroughly wash your hands immediately after handling the chile.

2 Cook the rice:
- 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 12 to 14 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.

3 Coat & fry the shallot:
- While the rice cooks, to the bowl of shallot, add the flour; season with salt and pepper. Toss to thoroughly coat. In a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that a piece of shallot sizzles immediately when added to the pan, add the coated shallot in a single, even layer (tapping off any excess flour before adding). Cook, stirring frequently, 2 to 4 minutes, or until browned and crispy. Transfer to a paper towel-lined plate; immediately season with salt and pepper. Rinse and wipe out the pan.

4 Cook the vegetables:
- In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the squash. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Add the sweet peppers; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Turn off the heat; stir in the green tops of the scallions. Season with salt and pepper to taste. Transfer a bowl; set aside in a warm place. Wipe out the pan.

5 Cook the beef & make the sauce:
- In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the ground beef; season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 3 to 4 minutes, or until browned. Add the garlic, white bottoms of the scallions, and as much of the chile as you’d like, depending on how spicy you’d like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until fragrant. Add the honey (kneading the packet before opening), Golden Mountain sauce, the juice of 2 lime wedges, and ¼ cup of water. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined and saucy. Turn off the heat; season with salt and pepper to taste.

6 Plate your dish:
- Divide the cooked rice between 2 dishes. Top with the cooked beef and sauce and cooked vegetables. Garnish with the fried shallot, cilantro and mint (tearing the mint leaves just before adding), and remaining lime wedges. Enjoy!