

# Cumin-Sichuan Beef & Peppers

with Bok Choy & 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. For contrast to the vibrant flavors, a simple side of rice is tossed with crisp, verdant bok choy.



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Recipes



## 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 cup  
SUSHI 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](http://www.blueapron.com/pages/wellness), or for further nutrition information see the Nutrition Facts card.





### 1 Cook the rice:

- ☐ In a medium pot, combine the **rice**, a **big pinch of salt**, and **1 ¾ cups of water**. Heat to boiling on high.
- ☐ Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff with a fork.

### 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 **½ 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 beef 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. Taste, then season with salt and pepper if desired.
- ☐ Add the **cooked bok choy** to the pot of **cooked rice**; stir to combine. Taste, then season with salt and pepper if desired.
- ☐ Serve the **beef stir-fry** with the **finished rice**. Garnish with the **sesame seeds**. Enjoy!



**NUTRITION PER SERVING (AS PREPARED)\*** Calories: 570, Total Carbohydrates: 72g, Dietary Fiber: 2g, Added Sugar: 14g, Total Fat: 15g, Saturated Fat: 4.5g, Protein: 36g, Sodium: 1660mg.

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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