

Spicy Beef & Vegetables

with Rice & Sesame Seeds

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



This bold, takeout-style dish highlights fresh bird's eye chile—a petite variety known for its potent heat—sautéed with beef, poblano pepper, cabbage, and carrots for a thrillingly spicy kick.

Ingredients

-  ½ lb Thinly Sliced Beef
-  ½ cup Sushi Rice
-  1 Bird's Eye Chile Pepper
-  1 Poblano Pepper
-  1 Yellow or Sweet Onion
-  6 oz Carrots
-  ½ lb Red or Green Cabbage
-  2 cloves Garlic
-  1 Tbsp Mirin*
-  ¼ cup Cornstarch
-  2 Tbsps Coconut Aminos**
-  1 tsp Black & White Sesame Seeds

*salted cooking wine

**seasoning sauce

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Serve a bottle of Blue Apron wine with this symbol: Fruity & Savory.
blueapron.com/wine

1 Cook the rice

- In a small pot, combine the **rice**, a **big pinch of salt**, and **¾ cup 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

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots**; thinly slice on an angle.
- Halve, peel, and thinly slice the **onion**.
- Cut out and discard the core of the **cabbage**; thinly slice the leaves.
- Peel and roughly chop **2 cloves of garlic**.
- Cut off and discard the stem of the **poblano pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Cut off and discard the stem of the **chile pepper**; thinly slice crosswise (for a milder dish, remove and discard the ribs and seeds).
- Thoroughly wash your hands immediately after handling the peppers.



3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat **½ teaspoon of olive oil** on medium-high until hot.
- Add the **sliced carrots** in an even layer; season with salt and pepper. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **sliced onion**, **sliced cabbage**, and **sliced poblano pepper**; season with salt and pepper. Cook, stirring occasionally, 8 to 10 minutes, or until the vegetables are softened.
- Transfer to a bowl. Wipe out the pan.



4 Coat & cook the beef

- Separate the **beef**; pat dry with paper towels. Place in a bowl; season with salt and pepper. Add the **cornstarch** and toss to coat.
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **coated beef** in an even layer (discarding any excess cornstarch). Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **chopped garlic** and **as much of the sliced chile pepper as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until the beef is browned and just cooked through.



5 Finish & serve your dish

- To the pan of **cooked beef**, add the **cooked vegetables**, **coconut aminos**, and **mirin**. Cook, stirring frequently, 30 seconds to 1 minute, or until combined. Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **finished beef and vegetables** over the **cooked rice**. Garnish with the **sesame seeds**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 610, Total Carbohydrates: 80g, Dietary Fiber: 6g, Added Sugars: 2g, Total Fat: 16g, Saturated Fat: 4g, Protein: 32g, Sodium: 1010mg.

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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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