

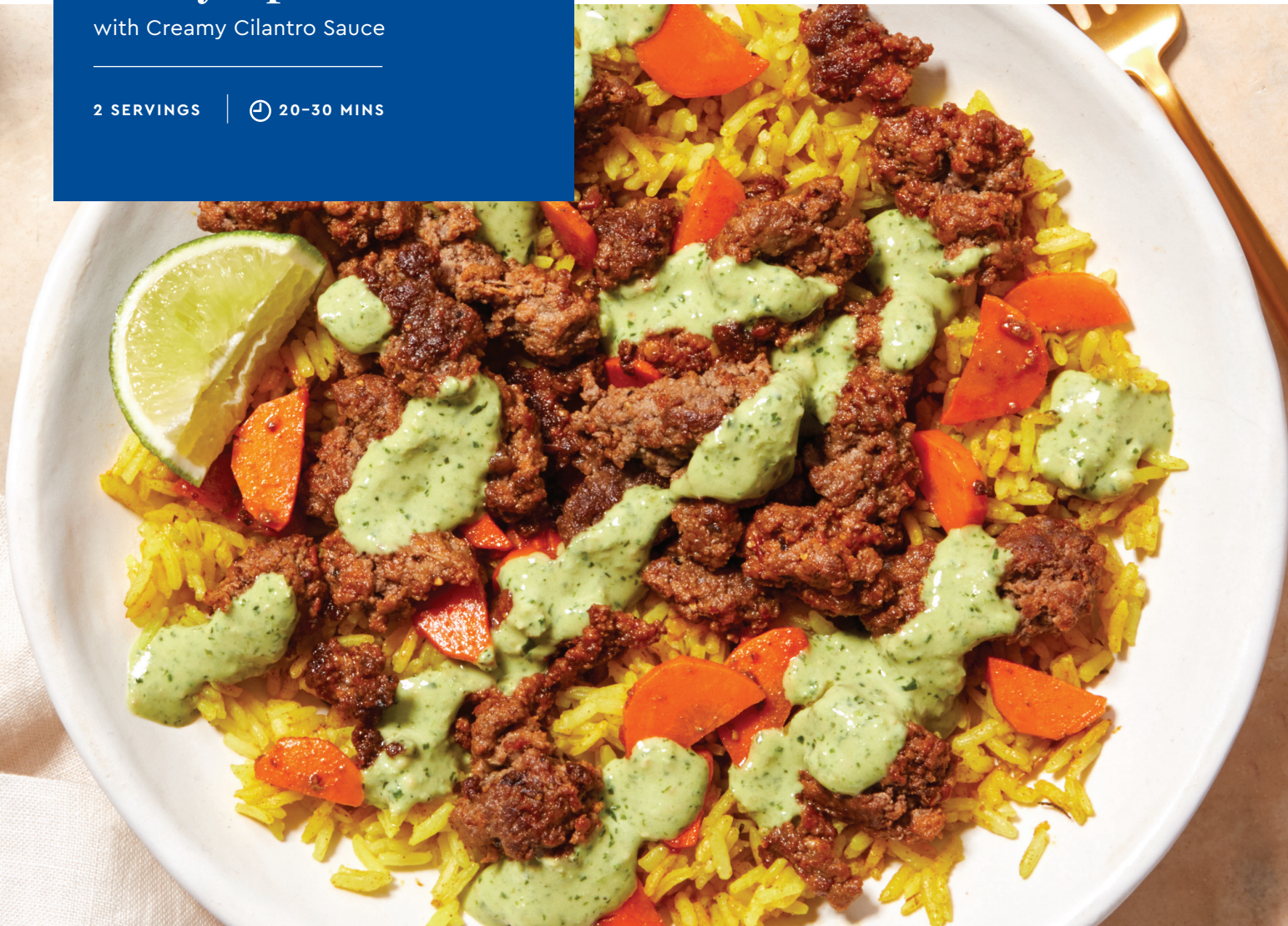
# Beef over Curry-Spiced Rice

with Creamy Cilantro Sauce

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**  
blueapron.com



Served over a bed of fragrant vadouvan-seasoned rice, our beef and carrots also get dynamic flavor from the spicy, sweet, and savory Indian tomato chutney they cook with in the pan.

## Ingredients

- |   |   |
|---|---|
|  10 oz Ground Beef |  ¼ cup Cilantro Sauce          |
|  ½ cup Sushi Rice  |  2 Tbsps Savory Tomato Chutney |
|  6 oz Carrots       |  2 tsps Vadouvan Curry Powder  |
|  1 Lime            |   |
|  ¼ cup Sour Cream  |   |



Serve a bottle of Blue Apron wine with this symbol: Light & Bright.  
[blueapron.com/wine](https://blueapron.com/wine)

### 1 Cook the rice

- In a small pot, combine the **rice**, **half the curry powder** (you will have extra), **a big pinch of salt**, and  **$\frac{3}{4}$  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**; halve lengthwise, then thinly slice crosswise.
- Quarter the **lime**.



### 3 Cook the beef & carrots

- In a large pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **beef** and **sliced carrots**; season with salt and pepper. Cook, stirring occasionally and breaking the meat apart with a spoon, 6 to 7 minutes, or until the beef is lightly browned and the carrots are slightly softened.
- Carefully drain off and discard any excess oil.



#### Step 3 continued:

- Add the **tomato chutney** and **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until the beef is cooked through and the carrots are softened.
- Turn off the heat. Taste, then season with salt and pepper if desired.

### 4 Make the sauce & serve your dish

- Meanwhile, in a bowl, combine the **sour cream**, **cilantro sauce**, and the **juice of 2 lime wedges**. Taste, then season with salt and pepper if desired.
- Serve the **cooked rice** topped with the **cooked beef and carrots** and **sauce**. Serve the **remaining lime wedges** on the side. Enjoy!



#### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 770, Total Carbohydrates: 62g, Dietary Fiber: 4g, Added Sugars: 0g, Total Fat: 45g, Saturated Fat: 15g, Protein: 31g, Sodium: 960mg.

\*\*See full Nutrition Facts on your Current page in the Blue Apron app or at [blueapron.com](https://blueapron.com).

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Share your photos with #blueapron

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

Blue Apron, LLC  
New York, NY 10005

