

Curried Beef & Rice Cakes

with Mushrooms & Green Beans

4 SERVINGS

⌚ 20-30 MINS

 Blue Apron

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This easy recipe—a spin on Korean tteokbokki—features a combo of vibrant yellow curry paste and soy glaze which we’re using to bring together tender bites of beef, mushrooms, and green beans.

Ingredients

-  1 ½ lbs Ground Beef
-  1 lb Rice Cakes
-  ½ lb Mushrooms
-  6 oz Green Beans
-  1 ½ Tbsps Yellow Curry Paste
-  3 Tbsps Soy Glaze
-  4 Tbsps Crème Fraîche
-  2 Tbsps Soy Sauce
-  1 tsp Black & White Sesame Seeds



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

1 Prepare the ingredients & make the sauce

- Fill a large pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut the **mushrooms** into bite-sized pieces.
- Cut the **green beans** into 2-inch pieces.
- In a bowl, whisk together the **curry paste, soy glaze, soy sauce,** and $\frac{1}{2}$ **cup of water.** Season with salt and pepper.



2 Brown the mushrooms

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **mushroom pieces** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Using a spoon, move the browned mushrooms to one side of the pan.



3 Cook the beef & sauce

- Add the **beef** to the other side of the pan; season with salt and pepper. Cook, stirring occasionally and breaking the meat apart with a spoon, 3 to 4 minutes, or until lightly browned.
- Carefully drain off and discard any excess oil.
- Add the **sauce** (carefully, as the liquid may splatter). Cook, stirring occasionally, 3 to 4 minutes, or until the beef is browned and cooked through. Turn off the heat.



4 Cook the green beans & rice cakes

- Meanwhile, add the **green bean pieces** to the pot of boiling water and cook 2 minutes.
- Add the **rice cakes.** Continue to cook 2 to 3 minutes, or until tender and the green beans are bright green.
- Turn off the heat. Drain thoroughly and return to the pot.



5 Finish & serve your dish

- Add the **cooked beef and sauce** to the pot of **cooked green beans and rice cakes.** Season with salt and pepper. Cook on medium-high, stirring frequently, 30 seconds to 1 minute, or until combined and the rice cakes are thoroughly coated.
- Turn off the heat; stir in the **crème fraîche** until combined. Taste, then season with salt and pepper if desired.
- Serve the **finished beef and rice cakes** garnished with the **sesame seeds.** Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 730, Total Carbohydrates: 74g, Dietary Fiber: 4g, Added Sugars: 6g, Total Fat: 34g, Saturated Fat: 14g, Protein: 30g, Sodium: 1950mg.

**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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