

Beef over Curry-Spiced Rice

with Creamy Cilantro Sauce

4 SERVINGS










15-25 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

-  1 ½ lbs Ground Beef
-  1 cup Jasmine Rice
-  ¾ lb Carrots
-  1 ½ Tbsps Golden Raisins
-  ⅓ cup Crispy Onions
-  ½ cup Sour Cream
-  2 Tbsps Savory Tomato Chutney
-  ¼ cup Cilantro Sauce
-  2 tsps Vadouvan Curry Powder



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

1 Cook the rice

- In a medium pot, combine the **rice**, **raisins**, **half the curry powder** (you will have extra), **a big pinch of salt**, and **2 cups of water**. Stir to combine. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 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 carrots

- Meanwhile, wash, dry, and peel the **carrots**; halve lengthwise, then thinly slice crosswise.



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.
- Add the **tomato chutney**. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined and the beef is cooked through.
- 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** and **cilantro sauce**. Season with salt and pepper.
- Serve the **cooked beef and carrots** over the **cooked rice**. Top with the **sauce**. Garnish with the **crispy onions**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 730, Total Carbohydrates: 63g, Dietary Fiber: 4g, Added Sugars: 0g, Total Fat: 41g, Saturated Fat: 15g, Protein: 28g, Sodium: 850mg.

**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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