

Beef & Broccoli

with Persimmon Rice

TIME: 30-40 minutes

SERVINGS: 2

Tonight's recipe highlights an exciting fall ingredient: persimmon. It's a fruit that resembles a tomato in appearance, with the crisp texture of a pear and a subtly spiced sweetness. We're marinating it in mirin (a sweetened rice wine) and vinegar to really make its flavors pop, then stirring it into fragrant jasmine rice to make a delicious base for beef and broccoli, the American Chinese takeout classic.



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Light & Bright

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Ingredients



10 oz
THINLY SLICED
BEEF



1/2 cup
JASMINE RICE



1 clove
GARLIC



1
PERSIMMON



1/2 lb
BROCCOLI

KNICK KNACKS:



3 Tbsps
YAKINIKU SAUCE



2 Tbsps
MIRIN



1 1-inch piece
GINGER



1 Tbsp
RICE VINEGAR



1/4 cup
CORNSTARCH



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1 Prepare the ingredients & marinate the persimmon:

- ☐ Wash and dry the fresh produce.
- ☐ Peel and roughly chop the garlic.
- ☐ Cut off and discard the bottom 1/2 inch of the broccoli stem. Cut the florets and remaining stem into small pieces.
- ☐ Peel and finely chop the ginger.
- ☐ Core and small dice the persimmon; place in a bowl. Stir in the **mirin** and **vinegar**; season with salt and pepper. Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.

2 Make the persimmon rice:

- ☐ While the persimmon marinates, in a small pot, heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **garlic**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add the **rice** and **1 cup of water**; heat to boiling on high.
- ☐ Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender.
- ☐ Turn off the heat; fluff the cooked rice with a fork. Stir in the **marinated persimmon** (including any marinating liquid). Season with salt and pepper to taste.

3 Cook the broccoli:

- ☐ While the rice cooks, in a large pan, heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **broccoli** in a single layer and cook, without stirring, 1 to 2 minutes, or until lightly browned. Season with salt and pepper.
- ☐ Continue to cook, stirring occasionally, 3 to 5 minutes, or until browned and softened.
- ☐ Transfer to a plate; season with salt and pepper to taste.

4 Coat & cook the beef:

- ☐ While the rice continues to cook, using your hands, separate the **sliced beef**; pat dry with paper towels. Place in a medium bowl and season with salt and pepper. Add the **cornstarch**; toss to thoroughly coat.
- ☐ In a large pan, heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the coated beef in a single layer (shaking off any excess cornstarch before adding). Cook, without stirring, 2 to 3 minutes, or until browned.
- ☐ Add the **ginger** and cook, stirring occasionally, 1 to 2 minutes, or until fragrant and the beef is just cooked through.
- ☐ Add the **yakiniku sauce**, **cooked broccoli**, and **2 tablespoons of water**. Cook, stirring occasionally, 1 to 2 minutes, or until coated. Turn off the heat and season with salt and pepper to taste.

5 Plate your dish:

- ☐ Divide the **persimmon rice** between 2 dishes. Top with the **cooked beef and broccoli**. Enjoy!

