

Beef over Curry-Spiced Rice

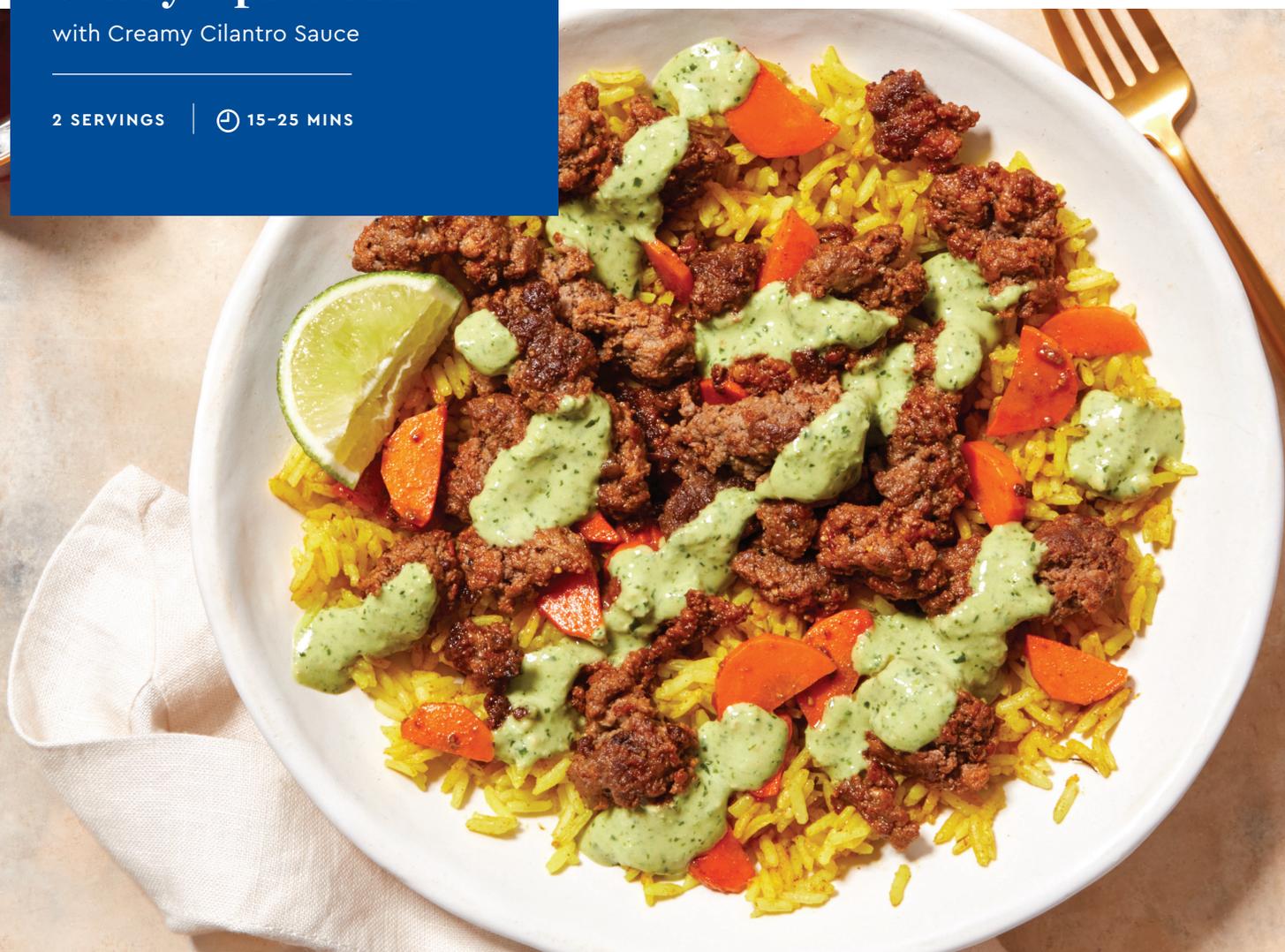
with Creamy Cilantro Sauce

2 SERVINGS

15-25 MINS

 **Blue Apron**

blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*



Serve with Blue Apron wine that has this symbol
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Ingredients



10 oz Ground Beef 



2 Beyond Burger™
Plant-Based
Patties 



½ cup Long Grain
White Rice



6 oz Carrots



1 Lime



¼ cup Cilantro
Sauce



2 Tbsps Tomato
Achaar



¼ cup Sour Cream



2 tsps Vadouvan
Curry Powder

*Ingredients may be replaced and quantities may vary.

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 **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 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 achaar** 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.

↻ CUSTOMIZED STEP 3 *If you chose Beyond Burger™ Patties*

- In a large pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **patties** and **sliced carrots**; season with salt and pepper. Cook, stirring frequently and breaking the patties apart with a spoon, 6 to 7 minutes, or until lightly browned and the patties are crumbled.
- Add the **tomato achaar** and **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until the Beyond Burger™ 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!



↻ CUSTOMIZED STEP 4 *If you chose Beyond Burger™ Patties*

- Make the sauce and serve your dish as directed with the **cooked Beyond Burger™ and carrots** (instead of beef).