

Beef over Curry-Spiced Rice

with Creamy Cilantro Sauce

2 OR 4 SERVINGS

⌚ 15-25 MINS

 **Blue Apron**

blueapron.com



Ingredients

 10 oz Ground Beef or 20 oz for 4 servings

 ¼ cup Sour Cream or ½ cup for 4 servings

 2 tsp Vadouvan Curry Powder

 ½ cup Long Grain White Rice or 1 cup for 4 servings

 2 Tbsps Tomato Achaar or ¼ cup for 4 servings

 6 oz Carrots or ¾ lb for 4 servings

 ¼ cup Cilantro Sauce



Serve with Blue Apron wine that has this symbol blueapron.com/wine

Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

Hey, Chef! If you chose to increase the serving size for this recipe, look for specialized directions in italics in the steps below.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

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** or use a *medium pot and 2 cups of water if you're cooking 4 servings*. 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 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 achar** 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** and **cilantro sauce**. Taste, then season with salt and pepper if desired.
- Serve the **cooked rice** topped with the **cooked beef and carrots** and **sauce**. Enjoy!



To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [@](#) Share your photos with #blueapron



101821_2PM/2PRE23