

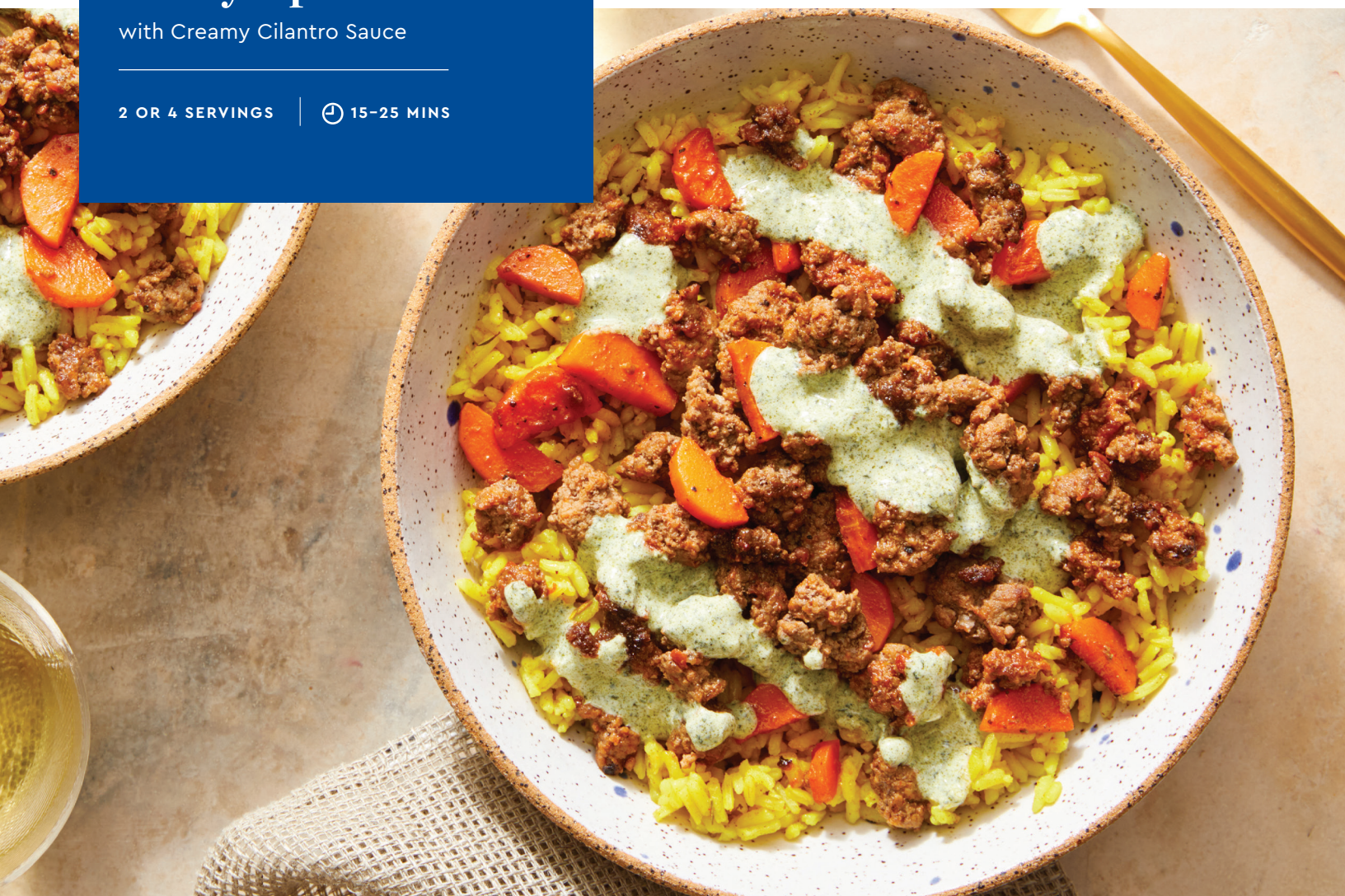
Beef over Curry-Spiced Rice

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 tsps 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



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COOK ALONG WITH



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1 Cook the rice

- Carefully rinse the **rice** (sifting through for any small stones or impurities). Drain thoroughly.
- 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 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.



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!

