

Beef over Curry-Spiced Rice

with Creamy Cilantro Sauce

4 SERVINGS

15-25 MINS

 Blue Apron

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



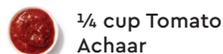
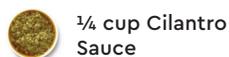
Serve with Blue Apron wine that has this symbol blueapron.com/wine

Ingredients

Customized ingredients



SWAPPED FOR:
 16 oz Plant-Based Ground Beyond Beef™ 



Cook along on the app



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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Cook the rice

- In a medium pot, combine the **rice**, **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, 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 apart with a spoon, 6 to 7 minutes, or until the beef is lightly browned and the carrots are slightly softened.



Step 3 continued:

- Carefully drain off and discard any excess oil.
- Add the **tomato ahaar**. 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.

↻ CUSTOMIZED STEP 3 *If you chose Beyond Beef™*

- Follow the directions in Step 3, using the **Beyond Beef™** (instead of beef).

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 rice** topped with the **cooked beef and carrots** and **sauce**. Enjoy!



↻ CUSTOMIZED STEP 4 *If you chose Beyond Beef™*

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

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.

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