

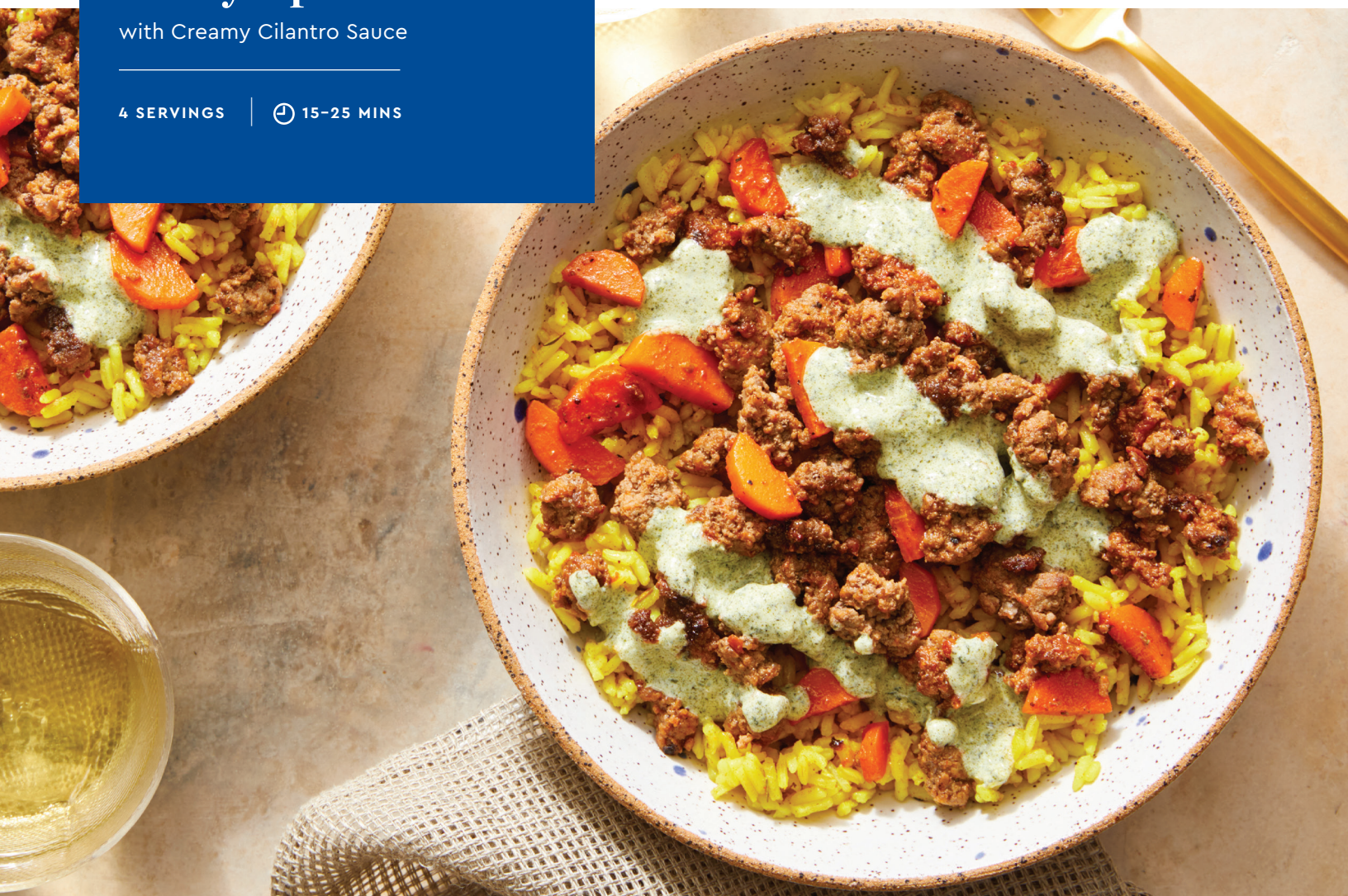
Beef over Curry-Spiced Rice

with Creamy Cilantro Sauce

4 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.*

Ingredients


Customized ingredients



18 oz Ground Beef 

SWAPPED FOR:



16 oz Plant-Based Ground Beyond Beef™ 



¼ cup Cilantro Sauce



1 cup Long Grain White Rice



½ cup Sour Cream



2 tsps Vadouvan Curry Powder



¾ lb Carrots



¼ cup Tomato Achaar



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.

*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Cook the rice

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