

Orange Beef

with Bok Choy & Scallion Rice

2 SERVINGS

⌚ 25-35 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  icon) and instructions tailored to you.*

Ingredients


Customized ingredients



10 oz Thinly Sliced Beef 

SWAPPED FOR:



10 oz Boneless Chicken Breast Pieces 



2 Scallions



1 Tbsp Rice Vinegar



½ cup Long Grain White Rice



10 oz Baby Bok Choy



1 Tbsp Sambal Oelek



1 tsp Black & White Sesame Seeds



1 Navel Orange



2 cloves Garlic



2 Tbsps Soy Glaze



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

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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Halve the **orange**; squeeze the juice into a medium bowl.
- Peel and finely chop **2 cloves of garlic**.
- Cut off and discard the root ends of the **bok choy**; roughly chop.



2 Make the scallion rice

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a small pot, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- Add the **rice, a big pinch of salt, and 1 cup of water** (carefully, as the liquid may splatter). 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. Cover to keep warm.



3 Make the sauce

- Meanwhile, to the bowl of **orange juice**, add the **chopped garlic, vinegar, soy glaze, and as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Stir to combine.



4 Start the beef

- Separate the **beef**; pat dry with paper towels. Season with salt and pepper.
- In a large pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned beef in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring frequently, 1 to 2 minutes, or until browned and just cooked through.



↺ CUSTOMIZED STEP 4 If you chose Chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In a large pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.

5 Finish the beef & serve your dish

- Add the **chopped bok choy** to the pan of **cooked beef**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the leaves are slightly wilted.
- Add the **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until the bok choy leaves are wilted. Turn off the heat.
- Serve the **finished beef and bok choy** over the **scallion rice**. Garnish with the **sliced green tops of the scallions** and **sesame seeds**. Enjoy!



↺ CUSTOMIZED STEP 5 If you chose Chicken

- Follow the directions in Step 5, using the pan of **cooked chicken** (instead of beef).