

# Mushroom Tempura & Avocado Rice Bowl

with Spicy Marinated Carrots

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**  
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## Ingredients\*

Customized ingredients

### ADDED:



2 Flank Steaks 



1/4 cup Tempura Mix



3 Tbsps Sweet Chili Sauce



1 cup Sushi Rice



1 Avocado



2 tsps Gochujang



1 Tbsp Mirin<sup>1</sup>



4 oz Mushrooms



6 oz Carrots



1 Tbsp Soy Sauce



1 tsp Furikake



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)

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<sup>1</sup>. salted cooking wine

\*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

## 1 Cook the rice

- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 ¾ cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Stir in the **mirin**.



## 2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots** and grate on the large side of a box grater.
- Thinly slice the **mushrooms**.
- Halve and pit the **avocado**. Using a spoon, remove the avocado from the skin, then medium dice. Season with salt and pepper.



## 3 Marinate the carrots

- In a medium bowl, whisk together the **soy sauce** and **as much of the gochujang as you'd like**, depending on how spicy you'd like the dish to be.
- Add the **grated carrots**; stir to coat.
- Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



## 4 ADDITIONAL STEP If you chose Flank Steaks

- Meanwhile, pat the **steaks** dry with paper towels; season with salt and pepper on both sides.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook 2 to 4 minutes per side for medium-rare (125°F), or until browned and cooked to your desired degree of doneness.\*
- Transfer to a cutting board; let rest at least 5 minutes.
- Wipe out the pan.
- Once rested, find the lines of muscle (or grain) on the steaks; slice crosswise against the grain.

## 4 Make the tempura mushrooms & serve your dish

- Meanwhile, in a large bowl, whisk together the **tempura mix** and **¾ cup of cold water**. Season with salt and pepper.
- Add the **sliced mushrooms**; stir to thoroughly coat.
- In a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of batter sizzles immediately when added, carefully add the **coated mushroom slices** in an even layer (letting any excess batter drip off). Cook 3 to 4 minutes per side, or until lightly browned.
- Transfer to a paper towel-lined plate and immediately season with salt.
- Serve the **cooked rice** topped with the **marinated carrots** (including any liquid), **tempura mushrooms**, and **seasoned avocado**. Garnish with the **sweet chili sauce** and **as much of the furikake as you'd like**. Enjoy!



## 4 CUSTOMIZED STEP 4 If you chose Flank Steaks

- Make the tempura mushrooms and serve your dish as directed, using the same pan and topping the cooked rice with the **sliced steaks**.

\*The USDA recommends a minimum safe cooking temperature of 145°F for steak. Cook the steaks an additional 2 to 3 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://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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