

# Spicy Glazed Beef & Bok Choy

with Rice & Sesame Seeds

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**  
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## Ingredients\*


Customized ingredients



10 oz Thinly Sliced Beef 

SWAPPED FOR:



10 oz Tail-On Shrimp<sup>1</sup> 



3 Tbsps East Asian-Style Sautéed Aromatics



1 Tbsp Sambal Oelek



½ cup Long Grain White Rice



1 Bell Pepper



3 Tbsps Soy Glaze



¼ cup Cornstarch



10 oz Baby Bok Choy



2 Scallions



2 Tbsps Hoisin Sauce



1 tsp Black & White Sesame Seeds



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

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<sup>1</sup>. peeled & deveined

\*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 impurities). Drain thoroughly.
- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. 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.



### 2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the stem of the **pepper**. Quarter lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Cut off and discard the root ends of the **bok choy**; roughly chop.
- Cut the **scallions** into 1-inch pieces.
- In a bowl, combine the **soy glaze**, **hoisin sauce**, **2 tablespoons of water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.



### 3 Cook the beef

- Separate the **beef**; pat dry with paper towels and place in a bowl. Add the **cornstarch**; toss to thoroughly coat.
- In a medium 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 cornstarch sizzles immediately when added, add the **coated beef** in an even layer (discarding any excess cornstarch). 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.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



### 4 CUSTOMIZED STEP 3 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails if desired). Season with salt and pepper (you'll omit the **cornstarch** for shrimp).
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

### 4 Cook the vegetables & serve your dish

- To the pan of reserved fond, add the **sautéed aromatics** (carefully, as the liquid may splatter). Heat on medium-high until hot.
- Add the **sliced pepper**. Cook, stirring frequently, 3 to 4 minutes, until lightly browned.
- Add the **chopped bok choy** and **scallion pieces**; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until softened.
- Add the **cooked beef** and **sauce** (carefully, as the liquid may splatter). Cook, stirring constantly, 1 to 2 minutes, or until combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **cooked rice** topped with the **cooked beef and vegetables**. Garnish with the **sesame seeds**. Enjoy!



### 4 CUSTOMIZED STEP 4 If you chose Shrimp

- Cook the vegetables and serve your dish as directed, using the **cooked shrimp** (instead of beef).