

Glazed Beef & Rice Bowls

with Vegetables & Fried Eggs

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**

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Ingredients*

 10 oz Thinly Sliced Beef

 2 Pasture-Raised Eggs

 ½ cup Long Grain White Rice

 10 oz Baby Bok Choy

 2 cloves Garlic

 6 oz Carrots

 2 Scallions

 1 Tbsp Rice Vinegar

 2 Tbsps Vegetarian Ponzu Sauce

 1 Tbsp Sesame Oil

 1 Tbsp Gochujang

 1 Tbsp Light Brown Sugar

 1 tsp Black & White Sesame Seeds



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 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 & marinate the carrots

- Meanwhile, wash and dry the fresh produce.
- Peel and roughly chop **2 cloves of garlic**.
- Cut off and discard the root ends of the **bok choy**; roughly chop.
- Peel the **carrots**; grate on the large side of a box grater.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a bowl, combine the **grated carrots**, **sliced white bottoms of the scallions**, **half the vinegar**, and a drizzle of **olive oil**. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



3 Make the sauce

- In a bowl, whisk together the **ponzu sauce**, **sugar**, **half the sesame oil**, **remaining vinegar**, and **as much of the gochujang as you'd like**, depending on how spicy you'd like the dish to be.



4 Cook the bok choy

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped garlic** and **chopped bok choy**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Transfer to a bowl and stir in the **remaining sesame oil**; taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



5 Cook the beef & sauce

- Separate the **beef**; pat dry with paper towels. Season with salt and pepper.
- In the same 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.
- Add the **sauce** (carefully, as the liquid may splatter) and **1 tablespoon of water**. Cook, stirring frequently, 1 to 2 minutes, or until the beef is coated and just cooked through.
- Transfer to a plate; cover with foil to keep warm.
- Rinse and wipe out the pan.



6 Fry the eggs & serve your dish

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Keeping them separate, crack the **eggs** into the pan; season with salt and pepper. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness.
- Turn off the heat.
- Serve the **cooked rice** topped with the **cooked bok choy**, **cooked beef and sauce**, **marinated carrots** (including any liquid), and **fried eggs**. Garnish with the **sesame seeds** and **sliced green tops of the scallions**. Enjoy!

