

## Ingredients\*

Customized ingredients



20 oz Shrimp¹ 🔄





4 Flank Steaks 🔄





2 Pasture-Raised Eggs



1 cup Long Grain White Rice



15 oz Baby Bok Choy



3/4 lb Carrots



2 cloves Garlic



2 Scallions



1/3 cup East Asian-Style Sautéed Aromatics



2 Tbsps Soy Sauce



¼ cup Mayonnaise



1 Tbsp Ketchup



1 Tbsp Rice Vinegar



1 Tbsp Weeknight Hero Spice Blend<sup>2</sup>





Level up your midday meal with mouthwatering sandwiches, sides, and more from the Add-ons menu.

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<sup>\*</sup>Ingredients may be replaced and quantities may vary.

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- Carefully rinse the rice (sifting through for any impurities). Drain thoroughly.
- In a medium pot, combine the rice, a big pinch of salt, and 2 cups of water. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without



• Turn off the heat and fluff with a fork.

# 2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- · Cut off and discard the root ends of the bok choy; thinly slice crosswise.
- Peel the carrots and thinly slice on an angle.
- Peel and roughly chop 2 cloves of garlic.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Crack the eggs into a bowl; season with salt and pepper. Beat until smooth.

### 3 Cook the vegetables & eggs

- In a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.
- · Add the sliced bok choy and sliced carrots; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and slightly softened.



- Add the chopped garlic and sliced white bottoms of the scallions; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- Using a spoon, move the vegetables to one side of the pan.
- Add a drizzle of olive oil to the other side, then add the beaten eggs. Cook, constantly stirring the eggs, 30 seconds to 1 minute, or until cooked through. Stir the vegetables and eggs to combine.
- Transfer to a large bowl; cover with foil to keep warm.
- · Wipe out the pan.

### 4 Cook the shrimp

- Pat the **shrimp** dry with paper towels; season with salt and pepper if desired.
- In the same pan, heat a drizzle of olive oil on medium-high until hot.
- Add the prepared shrimp in an even layer. Cook, without stirring, 2 to 3 minutes, or until slightly opaque.



- Carefully add half the soy sauce. Cook, stirring occasionally, 1 to 2 minutes, or until the shrimp are opaque and cooked through.
- Transfer to a plate. Rinse and wipe out the pan.

# **CUSTOMIZED STEP 4** If you chose Flank Steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat a drizzle of olive oil on medium-high until hot.
- Add the seasoned steaks. Cook 4 to 6 minutes per side for mediumrare (125°F), or until cooked to your desired degree of doneness.\*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board; let rest at least 5 minutes.
- Thinly slice the **rested steaks** crosswise against the grain.

### 5 Make the fried rice

- In the same pan, heat the sautéed aromatics on mediumhigh until hot (be careful, as the liquid may splatter).
- Add the **cooked rice** in an even layer, Cook, without stirring, 3 to 4 minutes, or until slightly crispy.
- Transfer to the bowl of cooked vegetables and eggs. Add half





# **CUSTOMIZED STEP 5** If you chose Flank Steaks

- Make the fried rice as directed, using all of the soy sauce.

# 6 Make the spiced mayo & serve your dish

- Meanwhile, in a bowl, combine the mayonnaise, ketchup, remaining vinegar, and half the spice blend (you will have extra); season with salt and pepper.
- Serve the fried rice topped with the cooked shrimp. Drizzle with the spiced mayo. Garnish with the sliced green tops of the scallions. Enjoy!





#### **CUSTOMIZED STEP 6** If you chose Flank Steaks

- Make the spiced mayo and serve your dish as directed with the sliced steaks (instead of shrimp).

\*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.





Blue Apron, LLC, New York, NY 10006

Produced in a facility that processes crustacean shellfish,

