

Ingredients*



20 oz Thinly Sliced Beef



4 Pasture-Raised Eggs



1 cup Long Grain White Rice



1 lb Broccoli



6 oz Carrots



2 cloves Garlic



2 Tbsps Vegetarian Ponzu Sauce



2 tsps Gochujang



1 Tbsp Sesame Oil



1 Tbsp Rice Vinegar



2 tsps Honey





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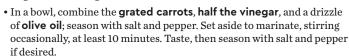


1 Cook the rice

- 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 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.
- Cut off and discard the bottom
 ½ inch of the broccoli stem; cut the broccoli into small florets.
- Peel and roughly chop 2 cloves of garlic.
- Peel the **carrots**; grate on the large side of a box grater.



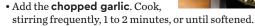


 In a bowl, whisk together the ponzu sauce, honey, sesame oil, remaining vinegar, and as much of the gochujang as you'd like, depending on how spicy you'd like the dish to be.



4 Cook the broccoli

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



- Add ¼ cup of water (carefully, as the liquid may splatter). Loosely cover the pan with foil. Cook, without stirring, 3 to 4 minutes, or until the broccoli is tender and the water has cooked off.
- Transfer to a bowl. 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). 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.
- Crack the eggs into the pan, keeping them separate; 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 broccoli, cooked beef and sauce, marinated carrots (including any liquid), and fried eggs.
 Enjoy!