

MARLEY SPOON



Beef Omurice

with Katsu Sauce & Furikake



30min



2 Servings

Omurice is a perfect example of fusion cuisine that works—think a western omelet meets Japanese fried rice. Do we have your attention yet? The fried rice is bursting with umami flavor thanks to browned grass-fed ground beef, scallions, carrots, ready to heat jasmine rice, peas, and a ketchup-tamari mixture for a hit of sweet and savory. But the best part about this dish is the tender "omelet" that drapes over the rice.

What we send

- 2 scallions
- 1 carrot
- ½ oz tamari soy sauce ⁶
- 10 oz pkg grass-fed ground beef
- 2 (7.4 oz) sticky white rice
- 2½ oz peas
- 1.8 oz katsu sauce ^{1,6}
- ¼ oz furikake ¹¹

What you need

- ketchup
- 3 large eggs ³
- neutral oil
- kosher salt & ground pepper

Tools

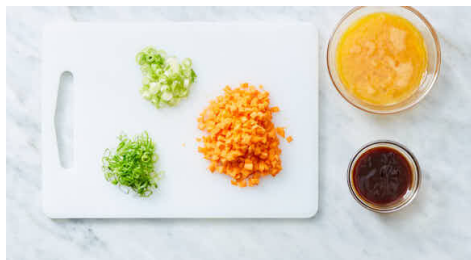
- medium nonstick skillet

Allergens

Wheat (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 990kcal, Fat 38g, Carbs 100g, Protein 48g



1. Prep ingredients

Trim **scallions**, then thinly slice, keeping dark greens separate. Peel and finely chop **carrot**. In a small bowl, stir to combine **tamari** and **2 tablespoons ketchup**. In a medium bowl, beat **3 large eggs** with **½ teaspoon salt**.



4. Plate rice

Transfer **fried rice** to a small heatproof bowl, packing it down. Invert a serving plate on top of bowl with rice, then rotate both so that the bowl is sitting inverted on top of plate. Set aside until step 6. Wipe out skillet.



2. Cook beef and vegetables

Heat **2 tablespoons oil** in a medium nonstick skillet over high. Add **beef** and cook, breaking up large pieces with a spoon, until cooked through and starting to brown, 3-4 minutes. Add **scallion whites and light greens** and **carrots**. Cook, stirring, until vegetables are just tender and lightly browned, and beef is cooked through, 2-3 minutes. Season to taste with **salt** and **pepper**.



5. Cook omelette

Heat **2 teaspoons oil** in same nonstick skillet over medium until shimmering. Add **eggs**; swirl to spread to edges of skillet. Cover and cook until eggs are set, 3-5 minutes. Remove from heat.



3. Stir-fry rice

Use hands to break up large clumps of **rice** in bag. Add **rice, peas, and ketchup mixture** to skillet with **beef**. Cook over high heat, pressing down with a spatula to break rice clumps and tossing occasionally, until warmed through, sauce is reduced, and each grain of rice is separate, shiny, and coated, 2-3 minutes. Season to taste with **salt** and **pepper**.



6. Assemble & serve

Lift bowl from **rice** (rice should hold a mound-like form). Shake skillet and slide spatula under and around the sides to loosen **omelette**. Slide omelette on top of rice. Drizzle **katsu sauce** on top of **omelette** and top with **furikake** and **scallion dark greens**. Enjoy!