



Japanese Beef Curry

with Sushi Rice



40-50min



2 Servings

This hearty stew's rich and sweet layers of flavor come from an array of spices, vegetables, and a golden roux that ties everything together. Curry powder infuses the roux which thickens the chicken broth along with sweet apples, umami-rich mushroom seasoning, and Japanese-style BBQ sauce. Beef, potatoes, and carrots simmer in the pot to tender perfection before we serve with sticky sushi rice to soak it all up.

What we send

- 1 yellow onion
- 2 carrots
- 1 Yukon gold potato
- 1 apple
- garlic
- 10 oz beef strips
- 2 (¼ oz) curry powder
- 3 pkts chicken broth concentrate
- ¼ oz mushroom seasoning
- 1.8 oz katsu sauce ^{1,6}
- 5 oz sushi rice

What you need

- kosher salt & ground pepper
- neutral oil
- 4 Tbsp unsalted butter ⁷
- ¼ c all-purpose flour ¹

Tools

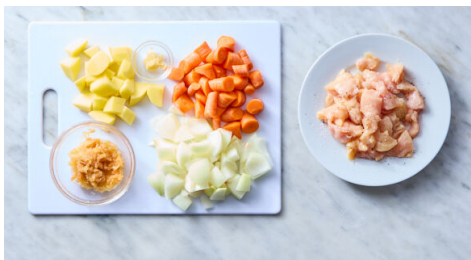
- microplane or grater
- medium pot
- fine-mesh sieve
- small saucepan

Allergens

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 970kcal, Fat 38g, Carbs 127g, Protein 35g



1. Prep ingredients

Cut **onion** and **carrots** into ¾-inch pieces, keeping separate. Peel **potato**; cut into ¾-inch pieces. Peel **apple**; into a small bowl, finely grate half (save or snack on remaining apple). Finely grate **2 medium cloves garlic**. Pat **beef** dry; cut into bite-sized pieces if necessary. Season with **salt** and **pepper**.



4. Simmer curry

Bring **sauce** to a boil over high heat; stir in **potatoes** and **carrots**. Lower heat to maintain a gentle simmer. Cover and simmer, stirring occasionally, until potatoes and carrots are tender, 20-25 minutes. Once vegetables are tender, stir in **reserved beef**. Simmer until beef is tender, 1-2 minutes.



2. Cook beef & roux

In a medium pot, heat **1 tablespoon oil** over medium-high. Add **beef** in a single layer; cook until lightly browned on 1 side, 2-3 minutes. Transfer to a plate. Lower heat to medium; melt **4 tablespoons butter**. Add **¼ cup flour**; cook whisking constantly, until flour is golden brown with a color similar to peanut butter, 4-6 minutes.



5. Cook rice

Meanwhile, in a fine-mesh sieve, rinse **rice** until water runs clear. In a small saucepan, combine rice and **1¼ cups water**. Bring to a boil over high heat. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, about 17 minutes. Keep covered until ready to serve.



3. Cook aromatics

Add **onions** and a **pinch of salt** to pot. Cook, stirring frequently, until onions are softened, about 5 minutes. Add **curry powder** and **garlic**; cook, stirring constantly, until fragrant, about 1 minute. Gradually stir in **2½ cups water**, **grated apple**, **broth concentrate**, **mushroom seasoning**, and **katsu sauce**.



6. Finish & serve

Season **curry** to taste with **salt** and **pepper**. Fluff **rice** with a fork. Divide **rice** and **curry** among bowls. Enjoy!