

MARLEY SPOON



Vietnamese Caramelized Beef Bowl

with Pickled Green Beans & Jasmine Rice



30-40min



2 Servings

Vietnamese cuisine is known for the masterful way it balances the five basic tastes: sweet, bitter, salty, sour, and umami. This bowl is no exception! We top fluffy jasmine rice with sweet and savory caramelized ground beef, quick-pickled green beans, spicy Fresno chiles, and toasted sesame seeds. All the components come together in perfect harmony to create a fresh and vibrant dinner.

What we send

- 5 oz jasmine rice
- ½ lb green beans
- 1 Fresno chile
- garlic
- 2 (½ oz) tamari soy sauce ⁶
- ½ oz fish sauce ⁴
- 10 oz pkg grass-fed ground beef
- ¼ oz fresh cilantro
- 1 lime
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar) ¹⁷
- ¼ c + 2 tsp sugar
- neutral oil

Tools

- small saucepan
- medium skillet

Allergens

Fish (4), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 830kcal, Fat 24g, Carbs 102g, Protein 39g



1. Cook rice

In a small saucepan, combine **rice, 1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes.

Keep covered until ready to serve.



2. Prep ingredients

Trim **green beans**, then cut or snap into 1-inch pieces. Thinly slice **half of the pepper** (or more depending on heat preference). Finely chop **1 teaspoon garlic**.

In a liquid measuring cup, combine **tamari, ½ cup water**, and **2 teaspoons fish sauce**.



3. Pickle green beans

In a medium bowl, combine **green beans, sliced peppers, 2 tablespoons vinegar, 2 teaspoons sugar**, and **a pinch of salt**; toss to combine.

Set aside to marinate, tossing occasionally, until ready to serve.



4. Cook beef

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **beef, chopped garlic**, and **a pinch of salt**; cook, breaking up into smaller pieces, until browned and cooked through, about 5 minutes (drain off any excess fat, if desired).

Transfer to a plate; wipe out skillet.



5. Make sauce & simmer beef

To same skillet, add **¼ cup sugar** and **2 tablespoons water**. Cook, swirling occasionally (do not stir), over medium heat until sugar is melted and honey-colored, 4-5 minutes. Add **tamari mixture**; swirl to combine (caramel may harden but will melt again). Bring to a boil; add **beef**, stir to coat. Reduce heat to medium-low. Simmer until sauce is sticky and almost evaporated, 3-5 minutes.



6. Finish & serve

Coarsely chop **cilantro leaves and stems**. Cut **lime** into wedges. Fluff **rice** with a fork and spoon into bowls.

Serve **rice** topped with **caramelized beef, green beans**, and **any pickling liquid**. Sprinkle **sesame seeds** and **cilantro** over top and serve with **any lime wedges** on the side. Enjoy!