



## 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
- 3 oz carrots
- ½ oz tamari soy sauce <sup>3</sup>
- 10 oz pkg grass-fed ground beef
- 10 oz ready to heat jasmine rice
- 2½ oz peas
- 1.8 oz katsu sauce <sup>3,4</sup>
- ¼ oz furikake <sup>2</sup>

## What you need

- ketchup
- 3 large eggs <sup>1</sup>
- neutral oil
- kosher salt & ground pepper

## Tools

- medium nonstick skillet

## Allergens

Egg (1), Sesame (2), Soy (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 900kcal, Fat 40g, Carbs 75g, Protein 46g



### 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**.



### 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**.



### 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**.



### 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.



### 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.



### 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!