

# Soy-Miso Beef & Veggie Stir Fry

with Persimmon Rice

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**  
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 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at [blueapron.com](https://blueapron.com) for ingredients (denoted with an ) and instructions tailored to you.\*

## Ingredients

Customized ingredients



10 oz Thinly Sliced Beef 

SWAPPED FOR:



1 8-oz Flank Steak 



1 piece Ginger



1 Tbsp Mirin<sup>1</sup>



½ cup Long Grain White Rice



3 oz Shishito Peppers



1 Persimmon



1 Tbsp Rice Vinegar



4 oz Mushrooms



2 cloves Garlic



3 Tbsps Soy-Miso Sauce



¼ cup Cornstarch



Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)

## Cook along on the app



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<sup>1</sup>. salted cooking wine

\*Ingredients may be replaced and quantities may vary.





"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients & marinate the persimmon

- Wash and dry the fresh produce.
- Peel and finely chop **2 cloves of garlic**.
- Core and small dice the **persimmon**. Place in a bowl. Add the **mirin** and **vinegar**; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- Thinly slice the **mushrooms**.
- Peel the **ginger**; finely chop to get 2 teaspoons (you may have extra).
- Cut off and discard the stems of the **peppers**; cut into 1-inch pieces. Thoroughly wash your hands, knife, and cutting board immediately after handling.



## 2 Make the persimmon rice

- Meanwhile, carefully rinse the **rice** (sifting through for any small stones or impurities). Drain thoroughly.
- In a small pot, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until softened.
- Add the **rice** and **1 cup of water** (carefully, as the liquid may splatter); 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. Stir in the **marinated persimmon** (including any liquid). Taste, then season with salt and pepper if desired.



## 3 Cook the vegetables

- Meanwhile, in a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced mushrooms** and **pepper pieces** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Season with salt and pepper.



### Step 3 continued:

- Add the **chopped ginger**. Cook, stirring occasionally, 2 to 3 minutes, or until browned and softened.
- Transfer to a bowl and cover with foil to keep warm.
- Wipe out the pan.

## 4 Cook the beef & serve your dish

- Separate the **beef**; pat dry with paper towels. Place in a bowl; season with salt and pepper. Add the **cornstarch** and toss to thoroughly coat.
- In the same pan, heat **2 teaspoons 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. Continue to cook, stirring frequently, 1 to 2 minutes, or until the beef is just cooked through.
- Add the **soy-miso sauce**, **cooked vegetables**, and **2 tablespoons of water**. Cook, stirring occasionally, 1 to 2 minutes, or until coated.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **finished beef and vegetables** over the **persimmon rice**. Enjoy!



### CUSTOMIZED STEP 4 If you chose Flank Steak

- Pat the **steak** dry with paper towels; season with salt and pepper on both sides (you'll omit the **cornstarch** for steak).
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned steak**. Cook 3 to 5 minutes per side for medium-rare (125°F), or until browned and cooked to your desired degree of doneness.\*
- Leaving any browned bits (or fond) in the pan, transfer the steak to a cutting board; let rest at least 5 minutes.
- To the pan, add the **soy-miso sauce**, **cooked vegetables**, and **2 tablespoons of water**. Cook on medium-high, stirring occasionally, 1 to 2 minutes, or until coated.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Find the lines of muscle (or grain) on the **rested steak**; thinly slice crosswise against the grain.
- Serve the **sliced steak** and **finished vegetables** over the **persimmon rice**. Enjoy!

\*The USDA recommends a minimum safe cooking temperature of 145°F for steak. Cook the steak an additional 2 to 3 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://blog.blueapron.com/foodsafety)

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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