

# Venezuelan Beef Arepas

with Pickled Onion & Avocado

A specialty of South American cuisines, arepas are flat, round cornbreads, traditionally topped or filled with delicious ingredients. In this recipe, we're making our own dough with masarepa (a type of corn flour), water and salt, then flattening it by hand—all in just a few minutes. As for our toppings, we're using beef seasoned with an array of zesty spices, along with creamy avocado, crunchy radishes and red onion quickly pickled with a little sugar and vinegar for a sweet, bright finish.

 **Blue Apron Wine Pairings**  
Pax Red Wine Blend, 2014



## Ingredients

10 Ounces Ground Beef  
¾ Cup Masarepa  
2 Radishes  
1 Avocado  
1 Red Onion

## Knick Knacks

2 Teaspoons Sugar  
¼ Cup Red Wine Vinegar  
2 Teaspoons Carne Molida Spice Blend  
*(Ancho Chile Powder, Chipotle Powder, Garlic Powder, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cocoa Powder, Ground Nutmeg & Cornstarch)*

**Makes:** 2 servings | **Calories:** about 800 per serving  
**Prep Time:** 5 minutes | **Cook Time:** 20–30 minutes

1



### Prepare the ingredients:

Wash and dry the fresh produce. Peel, halve and thinly slice the onion. Cut off and discard the ends of the radishes; thinly slice the radishes into rounds. Pit, peel and thinly slice the avocado.

2



### Pickle the onion:

In a small pan, combine the **sugar**, **vinegar** and **half the onion**; heat to boiling on high. Once boiling, cook, stirring occasionally, 1 to 2 minutes, or until the onion has softened and the liquid is slightly reduced in volume. Transfer to a heatproof bowl and set aside to pickle, stirring occasionally, for at least 10 minutes.

3



### Cook the beef:

While the onion pickles, in a large pan (nonstick, if you have one), heat 1 teaspoon of olive oil on medium-high until hot. Add the **ground beef**; season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 2 to 3 minutes, or until lightly browned and cooked through.

4



### Add the aromatics:

To the pan of beef, add the **remaining onion** and **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until softened and fragrant. Transfer to a bowl and set aside to cool slightly. Rinse and wipe out the pan.

5



### Form the arepas:

In a large bowl, combine the **masarepa**, a **big pinch of salt** and  $\frac{3}{4}$  **cup of lukewarm water**. Stir until just combined (the dough should be moist and easy to shape). Using wet hands, divide the dough into 4 equal-sized balls; on a clean, dry work surface, carefully flatten into  $\frac{1}{4}$ -inch-thick rounds.

6



### Cook the arepas & plate your dish:

In the pan used to cook the beef, heat 2 teaspoons of olive oil on medium-high until hot. Add the **arepas** and cook 2 to 4 minutes per side, or until golden brown and cooked through. Divide between 2 dishes. Top with the **cooked beef**. Garnish with the **avocado**, **radishes** and as much of the **pickled onion** as you'd like (draining before adding). Enjoy!