MARLEY SPOON

20-Min: Grass-Fed Ground Beef & Broccoli

with Jasmine Rice

20-30min 2 Servings

Stir-frying is one of the best cooking methods for quickly infusing meat and veggies with savory-caramelized flavors. Grass-fed ground beef gets flashed in a hot skillet with ginger and garlic, and then is mixed with crisp broccoli florets and coated in a savory-sweet tamari sauce. The beef and broccoli is served over jasmine rice and is finished with a sprinkle of toasted sesame seeds.

What we send

- 5 oz jasmine rice
- 1 oz fresh ginger
- garlic
- 2 scallions
- ½ lb broccoli
- 2 oz tamari soy sauce [2]
- ½ oz toasted sesame oil [3]
- 10 oz pkg grass-fed ground beef
- ¼ oz pkt toasted sesame seeds [3]

What you need

- kosher salt & ground pepper
- sugar
- neutral oil
- all-purpose flour [1]

Tools

- small saucepan
- large skillet

Allergens

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

Nutrition per serving

Calories 930kcal, Fat 52g, Carbs 78g, 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 & sauce

Peel and finely chop **half of the ginger**. Finely chop **1 large garlic clove**. Trim **scallions**, then thinly slice on an angle. Cut **broccoli** into 1-inch florets, if necessary.

In a liquid measuring cup, stir to combine **tamari**, **1 cup water**, **1 tablespoon sugar**, and **2 teaspoons sesame oil**. Set **sauce** aside until step 5.

3. Cook broccoli

Heat **1 tablespoon neutral oil** in a large skillet over medium-high. Add **broccoli** and **¼ cup water**; cover and cook until broccoli is crisp-tender and water is evaporated, about 3 minutes. Transfer to a plate; wipe out skillet.

4. Cook beef

Add **chopped ginger and garlic**, **2 tablespoons neutral oil**, and **half of the scallions** to skillet over medium-high heat and cook, stirring, until fragrant, about 30 seconds.

Add **ground beef** and **½ teaspoon each of salt and pepper**; cook, breaking up meat into large pieces, until browned, 3–5 minutes. Stir in **1 tablespoon flour**, then return **broccoli** to skillet.

5. Finish stir-fry

Stir **sauce**, then add to skillet and cook, scraping up any browned bits stuck to bottom, until sauce is thickened, 2–3 minutes. Fluff **rice** with a fork.

Serve **rice** topped with **beef and broccoli stir-fry**. Garnish with **sesame seeds** and **remaining scallions**.

6. Serve

Enjoy!