

DINNERLY



Teriyaki Beef & Broccoli with Steamed Rice



20-30min



2 Servings

Step away from your phone! And whatever you do, do NOT place that order for takeout. We have stir-fried beef and broccoli, ready to go on your stovetop! This fluffy rice piled high with all the flavors will be on your table in less time than it takes to place that delivery order—let alone arrive at your doorstep. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 oz fresh ginger
- 4 oz broccoli
- ½ lb pkg beef strips
- 1 pkt teriyaki sauce ^{2,1}
- ¼ oz pkt toasted sesame seeds ³

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- sugar
- apple cider vinegar (or white wine vinegar)
- all-purpose flour ¹
- neutral oil

TOOLS

- small saucepan
- medium nonstick 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 710kcal, Fat 29g, Carbs 81g, Protein 32g



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 water is absorbed, about 17 minutes. Remove from heat and keep covered until ready to serve.



2. Prep ingredients

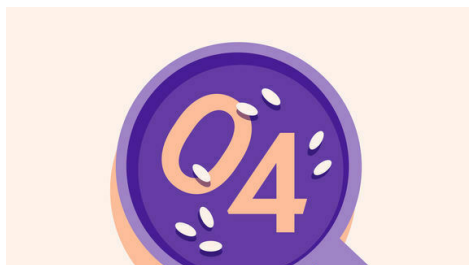
Meanwhile, peel and finely chop **1 tablespoon ginger**. Finely chop **2 teaspoons garlic**. Trim stem ends from **broccoli**, then cut crown into 1-inch florets. Pat **beef strips** dry.

In a small bowl, stir to combine **teriyaki sauce**, **¼ cup water**, **2 tablespoons sugar**, **1 tablespoon vinegar**, and **2 teaspoons flour**; reserve sauce for step 4.



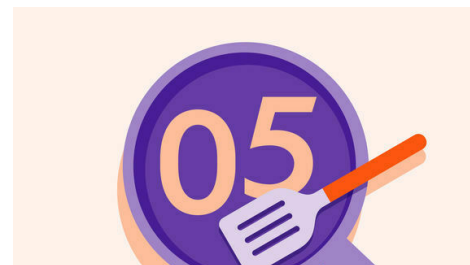
3. Cook broccoli

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **broccoli** and **a pinch each of salt and pepper**; cook, stirring occasionally, until crisp-tender and lightly charred in spots, about 3 minutes. Transfer to a plate.



4. Cook beef

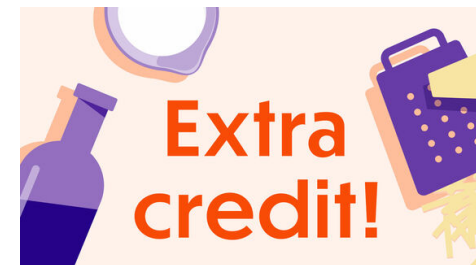
Return skillet over medium-high heat with **1 tablespoon oil**. Add **beef** and **chopped garlic and ginger**; cook, without stirring, until well browned on the bottom, about 3 minutes. Stir and continue cooking until beef is cooked through, about 2 minutes more.



5. Finish & serve

Add **broccoli** and **sauce** to skillet with **beef**. Bring to a simmer; cook until sauce is just slightly thickened, 1-2 minutes. Season to taste with **salt** and **pepper**. Fluff rice with a fork.

Serve **teriyaki beef and broccoli** over **rice** with **toasted sesame seeds** sprinkled over top. Enjoy!



6. Spice it up!

Get your taste buds dancing! Add a splash of Sriracha or chili garlic sauce before digging in!