

DINNERLY



Beef & Broccoli Stir-Fry 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
- ½ lb broccoli
- 2 oz teriyaki sauce ^{1,6}
- 10 oz pkg grass-fed ground beef
- ¼ oz pkt toasted sesame seeds ¹¹

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 (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 820kcal, Fat 38g, Carbs 83g, Protein 37g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high heat. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



2. Prep veggies & sauce

While **rice** cooks, peel and finely chop **1 tablespoon ginger**. Finely chop **2 teaspoons garlic**. Cut **broccoli** into 1-inch florets, if necessary.

In a small bowl, stir to combine **all of the 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

In same skillet, heat **1 tablespoon oil** over medium-high. Add **beef** and **chopped garlic and ginger**, breaking meat up into smaller pieces. Cook, stirring once or twice, until beef is browned all over and cooked through, 3–5 minutes.



5. Finish & serve

To skillet with **beef**, add **broccoli** and **reserved sauce**; bring to a simmer and 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. Did you know?

In 2020, as a part of our carbon offsetting efforts, we completed an afforestation project in Uruguay, which planted 44,000 new trees to help fight climate change.