

Beef & Broccoli Stir-Fry

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. Cook, r...

What we send

- broccoli
- toasted sesame oil ²
- garlic
- grass-fed ground beef
- fresh ginger
- toasted sesame seeds ²
- 2 oz tamari soy sauce ³
- 10 oz ready to heat jasmine rice

What you need

- all-purpose flour ¹
- kosher salt & ground pepper
- sugar

Tools

- fine-mesh sieve
- large skillet
- small saucepan

Allergens

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

Nutrition per serving

Calories 1050kcal, Fat 50g, Carbs 101g, Protein 47g



1. Cook rice

Rinse **rice** in a fine-mesh sieve until the water runs clear. Add rice to a small saucepan along with **1½ cups water** and **a pinch of salt**; bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Cover to keep warm until ready to serve.



4. 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.



2. Prep ingredients

Meanwhile, peel and finely chop **half of the ginger** (save rest for own use). Peel and finely chop **1 large garlic clove**. Trim ends from **scallions** and thinly slice on an angle. Cut **broccoli** into 1-inch florets.



5. Cook beef

Add **2 tablespoons neutral oil**, **ginger**, **garlic**, and **half of the scallions** to skillet over medium-high heat, and cook until fragrant, about 30 seconds. Add **beef** and **½ teaspoon each 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.



3. Prep sauce

In a measuring cup, combine **tamari**, **1 cup water**, **2 teaspoons of the sesame oil** (save rest for own use), and **1 tablespoon sugar**, and stir to dissolve sugar.



6. Finish & serve

Stir **sauce**, then add it to skillet and cook, scraping up any browned bits stuck to the pan, until sauce is thickened, 2-3 minutes. Fluff **rice** with a fork. Serve **rice** topped with **beef** and **broccoli** stir-fry. Garnish with **toasted sesame seeds** and **remaining scallions**. Enjoy!