



Sesame Beef Strips

with Garlic Broccoli & Jasmine Rice



ca. 20min



2 Servings

You can have this dinner on your table in less time than it would take to pick up the phone, order, and wait for delivery from your local take-out. We're tossing speedy beef strips, which cook in a hot skillet in just a few minutes, in a sweet, spicy tamari-sesame sauce and serving them over a bed of jasmine rice alongside crisp-tender broccoli.

What we send

- 5 oz jasmine rice
- garlic
- 2 scallions
- ½ lb broccoli
- 3 oz Thai sweet chili sauce
- ½ oz tamari soy sauce ⁶
- ½ oz toasted sesame oil ¹¹
- 10 oz pkg beef strips
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- neutral oil

Tools

- small saucepan
- medium skillet

Allergens

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

Nutrition per serving

Calories 700kcal, Fat 23g, Carbs 93g, Protein 31g



1. Cook rice

In a small saucepan, combine **rice, 1 ¼ cups water**, and **a pinch of salt**. Bring to a boil. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Keep covered until ready to serve.



4. Cook broccoli

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **broccoli**; cook, stirring, until lightly charred and softened, 3-4 minutes. Stir in **half of the chopped garlic** until fragrant, 30 seconds. Add **¼ cup water**; cook until skillet is dry and broccoli is tender, 3-5 minutes. Season with **salt** and **pepper**. Transfer to a bowl; cover to keep warm. Wipe out skillet.



2. Prep ingredients

Finely chop **1 teaspoon garlic**. Trim **scallions**, then thinly slice, keeping dark greens separate. Trim **broccoli**, thinly slice any stems, and cut crowns into 1-inch florets.

Pat **beef** dry and season with **salt** and **pepper**.



5. Cook beef

Heat **1 tablespoon oil** in same skillet over medium-high. Add **beef** in a single layer and cook, until browned on the bottom, about 3 minutes. Stir, add **scallion whites** and **light greens** and **remaining chopped garlic** and cook until fragrant, 1 minute. Add **sauce** and cook until beef is cooked through and sauce is just thickened to coat the back of a spoon, 1-2 minutes more.



3. Make sauce

In a small bowl, stir to combine **Thai sweet chili sauce, tamari** and **1 teaspoon of the sesame oil** (save rest for own use).



6. Finish & serve

Fluff **rice** with a fork, then spoon into bowls. Top rice with **sesame beef** and **broccoli**. Sprinkle **sesame seeds** and **scallion dark greens** over top. Enjoy!