



# MARLEY SPOON



## **Crispy Orange Beef with Brown Rice** & Steamed Broccoli

 40-50min  2 Servings

Chinese takeout doesn't stand a chance when the best crispy orange beef is made in your kitchen! We marinate tender beef strips in an umami-rich sauce before frying them to crispy perfection. A sweet and tangy orange sauce thickens and coats the beef while brown rice soaks it up. With speedy steamed broccoli alongside, your Chinese feast awaits!



## What we send

- 5 oz quick-cooking brown rice
- 2 (½ oz) tamari soy sauce <sup>2</sup>
- 1 oz mirin
- 1 orange
- 1 yellow onion
- 1 jalapeño chile
- ½ oz apricot preserves
- 2 (1½ oz) cornstarch
- ½ lb broccoli
- 10 oz pkg beef strips

## What you need

- kosher salt & ground pepper
- 1 egg white <sup>1</sup>
- sugar
- apple cider vinegar (or white wine vinegar)
- neutral oil for frying

## Tools

- small saucepan
- microplane or grater (optional)
- medium skillet
- microwave

## Cooking tip

To separate an egg, crack egg into a small bowl and use the shell or a spoon to scoop out the yolk.

## Allergens

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

## Nutrition per serving

Calories 720kcal, Fat 29g, Carbs 86g, Protein 31g



### 1. Cook rice & marinate beef

Bring a small saucepan of **salted water** to a boil. Add **rice** and boil (like pasta), stirring occasionally, until just tender, about 22 minutes. Drain rice in a fine-mesh sieve.

In a medium bowl, whisk **half the tamari**, **1 teaspoon mirin**, **¼ teaspoon each salt and pepper**, and **1 egg white**. Pat **beef strips** dry; add to bowl with marinade and toss to coat, set aside.



### 4. Fry beef

Heat **½-inch oil** in a medium skillet over medium-high (oil should register 350°F; a pinch of cornstarch should sizzle immediately). Add **beef** to skillet in an even layer. Cook, flipping pieces occasionally, until golden brown and crisp, 4-5 minutes. Transfer to a paper towel-lined plate. Carefully transfer oil to a large heatproof bowl and reserve for step 5. Wipe skillet clean.



### 2. Prep ingredients

Peel **5 strips orange zest** with a vegetable peeler; thinly slice. (Alternatively, zest 1 tablespoon.) Halve **onion** and cut into ¾-inch thick wedges. Thinly slice **chile** (remove seeds if desired).

Squeeze **orange juice** into a small bowl (should yield ¼-⅓ cup). Stir in **remaining mirin and tamari**, **apricot preserves**, **½ tablespoon sugar**, **1 teaspoon vinegar**, and **¼ cup water**.



### 5. Cook sauce

Add **1 tablespoon reserved oil** to skillet over high heat. Add **onion**; cook, stirring frequently, until crisp-tender, 3-4 minutes. Add **chile and orange zest**; cook until fragrant, 30-60 seconds. Add **sauce** and cook until reduced by ⅓, 2-3 minutes. Re-stir **cornstarch slurry** and drizzle into sauce. Cook sauce until glossy and thick enough to coat a spoon, about 1 minute.



### 3. Coat beef

In a 2nd small bowl, stir together **1 teaspoon cornstarch** and **1 tablespoon water** until smooth.

Transfer **remaining cornstarch** to a large ziplock bag. Lift **beef** from marinade and add to bag with cornstarch. Close bag and shake well to coat, making sure each piece is evenly coated.



### 6. Finish & serve

Add **beef to sauce** and toss to coat; season to taste with **salt and pepper**. Cut **broccoli** into florets, if necessary, and place in a microwave-safe bowl, cover, and microwave until crisp-tender, 2-3 minutes; season with **salt and pepper**. Serve **orange beef** with **rice** and **broccoli**. Enjoy!