

MARLEY SPOON



Crispy Orange Beef

with Steamed Broccoli & Jasmine Rice



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 fragrant jasmine rice soaks it up. With speedy steamed broccoli alongside, your Chinese feast awaits!

What we send

- 5 oz jasmine rice
- 2 (½ oz) tamari soy sauce ⁶
- 1 oz mirin ¹⁷
- 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 ³
- 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 (3), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 880kcal, Fat 27g, Carbs 127g, Protein 30g



1. Cook rice & marinate beef

In a small saucepan, combine **rice** and **1¼ cups water**. Bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, 17 minutes. Cover until ready to serve.

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!