



## Fast! Ground Beef & Broccoli with Brown Rice

& Scallions



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 brown rice and is finished with a sprinkle of toasted sesame seeds.



## What we send

- 5 oz quick-cooking brown rice
- 1 oz fresh ginger
- 2 scallions
- ½ lb broccoli
- 2 oz tamari soy sauce <sup>6</sup>
- ½ oz toasted sesame oil <sup>11</sup>
- 10 oz pkg grass-fed ground beef
- ¼ oz pkt toasted sesame seeds <sup>11</sup>

## What you need

- kosher salt & ground pepper
- garlic
- sugar
- neutral oil
- all-purpose flour (or gluten-free alternative)

## Tools

- small saucepan
- fine-mesh sieve
- large skillet

## Cooking tip

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## Allergens

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

## Nutrition per serving

Calories 940kcal, Fat 48g, Carbs 74g, Protein 42g

## THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

### 1. Cook rice

Bring a small saucepan of **salted water** to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, about 22 minutes. Drain in a fine-mesh sieve. Return to saucepan off heat. Keep covered until ready to serve.



### 4. Cook beef

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

Add **ground beef** and **½ teaspoon each of 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.



### 2. Prep ingredients & sauce

Peel and finely chop **half of the ginger**. Finely chop **1 large garlic clove**. Trim **scallions**, then thinly slice on an angle. Cut **broccoli** into 1-inch florets, if necessary.

In a liquid measuring cup, stir to combine **tamari, 1 cup water, 1 tablespoon sugar, and 2 teaspoons sesame oil**. Set **sauce** aside until step 5.



### 5. Finish stir-fry

Stir **sauce**, then add to skillet and cook, scraping up any browned bits stuck to bottom, until sauce is thickened, 2-3 minutes. Fluff **rice** with a fork.

Serve **rice** topped with **beef and broccoli stir-fry**. Garnish with **sesame seeds** and **remaining scallions**.



### 3. 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.



### 6. Serve

Enjoy!