



Teriyaki Beef & Broccoli

with Sesame Seeds



20-30min



2 Servings

If you're feeling like a cozy night in, you should definitely whip up this simple but satisfying main! We toss hearty ground beef and crisp broccoli in a delicious coating of teriyaki sauce. Serve alongside fluffy jasmine rice and bulk up on the veggies by adding peppers, baby corn, or any other favorites.

What we send

- 5 oz jasmine rice
- ½ lb broccoli
- 10 oz pkg grass-fed ground beef
- 2 oz teriyaki sauce ^{1,3}
- ¼ oz pkt toasted sesame seeds ²

What you need

- kosher salt & ground pepper
- neutral oil

Tools

- small saucepan
- microwave
- medium skillet

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

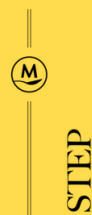
Calories 710kcal, Fat 24g, Carbs 70g, Protein 38g



1

1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



2

2. Cook beef & broccoli

Cut **broccoli** into 1-inch florets, if necessary. Microwave in a bowl, covered, until crisp-tender, 1-3 minutes.

In a medium skillet, heat **1 tablespoon oil** over high heat. Add **beef**; cook, breaking up into smaller pieces, until browned, 4-5 minutes. Add broccoli; cook, stirring, for another minute.



3

3. Finish & serve

Add **teriyaki sauce** to skillet. Cook, scraping up browned bits from the bottom of the skillet, until **beef** is shiny and glazed, 1-2 minutes. Remove from heat and stir in **sesame seeds**. Season to taste with **salt** and **pepper**.

Fluff **rice** with a fork. Serve **teriyaki beef** and **broccoli** over **rice**. Enjoy!



4. ...

Looking for more steps?



5. ...

You won't find them here!



6. ...

Enjoy your Marley Spoon meal!