

DINNERLY



Beef & Broccoli Stir-Fry with Steamed Rice



20-30min



2 Servings

Step away from your phone! And whatever you do, do NOT place that order for takeout. We have stir-fried beef and broccoli, ready to go on your stovetop! This fluffy rice piled high with all the flavors will be on your table in less time than it takes to place that delivery order—let alone arrive at your doorstep. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 oz fresh ginger
- ½ lb broccoli
- ½ lb pkg beef strips
- 2 oz teriyaki sauce ^{1,6}
- ¼ oz pkt toasted sesame seeds ¹¹

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- neutral oil

TOOLS

- small saucepan
- medium nonstick skillet

ALLERGENS

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 590kcal, Fat 20g, Carbs 71g, Protein 28g



1. Cook rice

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



2. Prep veggies & beef

While **rice** cooks, peel and finely chop **2 teaspoons ginger**. Finely chop **2 teaspoons garlic**. Cut **broccoli** into 1-inch florets, if necessary.

Pat **beef** dry. Season all over with **salt** and **pepper**.



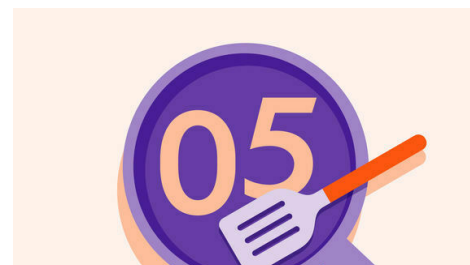
3. Cook broccoli

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **broccoli** and **a pinch each of salt and pepper**; cook, stirring occasionally, until crisp-tender and lightly charred in spots, about 3 minutes. Transfer to a plate.



4. Cook beef

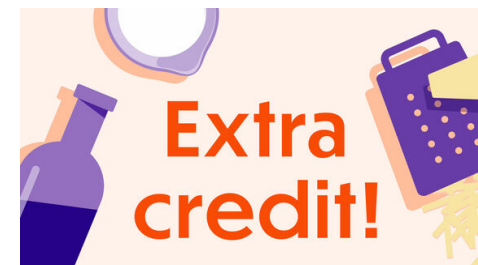
In same skillet, heat **1 tablespoon oil** over medium-high. Add **beef** and **chopped garlic and ginger**. Cook, stirring once or twice, until beef is browned all over and cooked through, 3–5 minutes.



5. Finish & serve

To skillet with **beef**, add **broccoli** and **teriyaki sauce**; bring to a simmer and cook until sauce is slightly thickened, 1–2 minutes. Season to taste with **salt** and **pepper**. Fluff **rice** with a fork.

Serve **beef and broccoli** over **rice** with **toasted sesame seeds** sprinkled over top. Enjoy!



6. Check us out!

Want to see helpful cooking tips, tricks, and bonus Dinnerly content? Follow us on Instagram @dinnerly or TikTok @dinnerlyus for more!