

MARLEY SPOON



Fast! Low-Carb Beef & Broccoli

with Cauliflower Rice



30min



2 Servings

The Chinese takeout dish we all know and love, but with a low carb twist! We keep things classic with marinated beef strips and garlicky broccoli tossed in an award-worthy sauce of mirin, cornstarch, beef broth concentrate, and stir-fry sauce. Cauliflower rice cuts the carbs without losing flavor, perfectly soaking it all up.

What we send

- 1 oz mirin
- 3 oz stir-fry sauce ^{1,2}
- 2 (¼ oz) cornstarch
- ¼ oz baking soda
- 10 oz pkg beef strips
- garlic
- ½ lb broccoli
- 1 pkt beef broth concentrate
- 12 oz cauliflower rice

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- microwave
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 440kcal, Fat 22g, Carbs 33g, Protein 29g



1. Marinate beef

In a medium bowl, whisk together **1 tablespoon each of mirin, stir-fry sauce, and water; 1 teaspoon each of cornstarch and oil; and ⅓ teaspoon baking soda**.

Pat **beef** dry; add to **marinade**. Gently massage beef until liquid is absorbed. Set aside to marinate for 15-30 minutes, if desired.



4. Cook beef

In a medium nonstick skillet, heat **1 tablespoon oil** over high until smoking. Add **beef**; spread into an even layer. Cook, undisturbed, until browned on the bottom, 1-2 minutes. Stir and cook until beef is nearly cooked but still slightly pink in spots, about 1 minute more. Transfer beef to a plate.



2. Prep ingredients

Meanwhile, finely chop **1 teaspoon garlic**. Cut **broccoli** into 1-inch florets, if necessary. Add to a second medium bowl and cover; microwave until bright green and crisp-tender, 1-2 minutes.

In a small bowl, whisk together **remaining mirin and stir-fry sauce, 2 teaspoons cornstarch, 1 teaspoon broth concentrate, and ½ cup water** until cornstarch is dissolved.



5. Stir-fry broccoli

Add **1 tablespoon oil** and **garlic** to same skillet. Cook over high heat, stirring frequently, until fragrant, about 30 seconds. Add **broccoli** and cook, stirring and tossing, 1 minute more.



3. Cook cauliflower rice

Add **cauliflower rice** to a third medium bowl. Cover and microwave until just tender, stirring halfway through, 5-7 minutes. Season to taste with **salt** and **pepper**. Keep covered until ready to serve.



6. Finish & serve

Whisk **sauce mixture** to recombine; add to skillet along with **beef**. Cook, stirring frequently, until sauce is thickened and beef is cooked through, about 1 minute. Season to taste with **salt** and **pepper**, if desired.

Serve **beef and broccoli** with **cauliflower rice**. Enjoy!