

DINNERLY



Teriyaki Beef & Broccoli Stir-Fry with Rice Noodles



20-30min



2 Servings

Just talking about beef and broccoli puts us in a good mood. Try being grumpy while you think about juicy chunks of grass-fed beef and tender broccoli with chewy rice noodles, all smothered in teriyaki sauce. See, it's impossible! We've got you covered!

WHAT WE SEND

- 1 red onion
- ½ lb broccoli
- 2 oz teriyaki sauce ^{1,2}
- 5 oz pad Thai noodles
- 10 oz pkg grass-fed ground beef

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- sugar
- neutral oil

TOOLS

- large pot
- large 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 940kcal, Fat 35g, Carbs 103g, Protein 42g



1. Prep veggies & sauce

Bring a large pot of **water** to a boil.

Finely chop **1 teaspoon garlic**. Cut **onion** into 1-inch pieces. Cut **broccoli** into ½-inch florets, if necessary.

In a small bowl, stir to combine **teriyaki sauce** and **1½ teaspoons sugar**.



2. Cook broccoli & noodles

Add **noodles** to pot with boiling **water** and cook, stirring occasionally to prevent sticking, about 4 minutes. Stir in **broccoli** and cook until both are tender, 2–3 minutes. Reserve **¼ cup cooking water**. Drain, rinse under cold water, then drain again. Toss with **1 teaspoon oil**.



3. Start stir-fry

Heat **1 tablespoon oil** in a large nonstick skillet over high. Add **beef, chopped garlic**, and season with **salt** and **pepper**. Cook, breaking up into smaller pieces, until any liquid is evaporated and beef is browned and cooked through, 5–7 minutes. Transfer to a plate.

Return skillet to high heat. Add **onions** and **1 tablespoon oil**; cook until browned and crisp-tender, 2–3 minutes.



4. Finish & serve

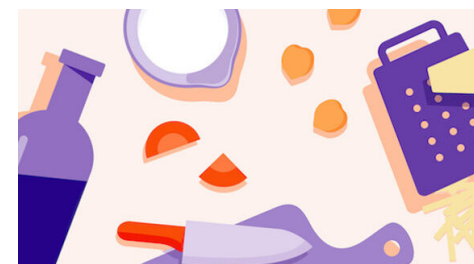
Add **broccoli** and **noodles** to skillet with **onions**; cook until just combined and heated through, 1–2 minutes. Add **beef, teriyaki mixture**, and **reserved cooking water**. Cook, tossing, until noodles are evenly coated in sauce, about 1 minute.

Serve **beef and broccoli stir-fry**. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!