



## Soy-Honey Beef & Steamed Broccoli

with Jasmine Rice



20-30min



2 Servings

With sticky-sweet glazed beef strips, steamed broccoli, and fragrant jasmine rice to soak up all the flavorful sauce, everyone's a winner at this table. Tamari soy sauce, honey and a touch of vinegar create a flavor powerhouse that coats the tender beef and improves everything else it touches. We steam fresh broccoli in the microwave for a speedy shortcut that gets this crowd-pleaser on the plate stat!



## What we send

- 5 oz jasmine rice
- 2 scallions
- 2 (½ oz) tamari soy sauce <sup>2</sup>
- 2 (½ oz) honey
- 10 oz pkg beef strips
- ½ lb broccoli
- ¼ oz pkt toasted sesame seeds <sup>1</sup>

## What you need

- kosher salt & ground pepper
- sugar
- distilled white vinegar (or apple cider vinegar)
- all-purpose flour (or gluten-free alternative)
- neutral oil

## Tools

- small saucepan
- medium nonstick skillet
- microwave

## Cooking tip

Want to see helpful cooking tips, tricks, and bonus Marley Spoon content? Follow us on Instagram @marleyspoon or TikTok @marleyspoonus for more!

## Allergens

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

## Nutrition per serving

Calories 610kcal, Fat 14g, Carbs 86g, Protein 32g



### 1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**, bring to a boil over high heat. Reduce heat to low, cover, and cook until rice is tender, 17 minutes. Remove from heat and keep covered until ready to serve.



### 4. Add sauce

Add **sauce mixture to beef**; cook, stirring constantly, until thickened, about 1 minute. Remove from heat.



### 2. Prep ingredients

Thinly slice **scallions**, keeping dark greens separate.

In a small bowl, stir together **scallion whites**, **all of the tamari and honey**, and **2 teaspoons each of sugar and vinegar**.

Pat **beef** dry; season all over with **salt, pepper**, and **1 tablespoon flour**.



### 5. Cook broccoli

Place **broccoli** in a microwave-safe bowl, cover, and microwave until crisp-tender, 2-3 minutes; season to taste with **salt** and **pepper**.



### 3. Cook beef

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **beef** in a single layer and cook, undisturbed, until golden brown on bottom, about 3 minutes. Flip beef and cook, undisturbed, until cooked through, about 3 minutes more.



### 6. Finish & serve

Serve **beef** and **broccoli** over **rice**; spoon any remaining **soy-honey glaze** over top. Garnish with **dark scallion greens** and **sesame seeds**. Enjoy!