

MARLEY SPOON



Seared Steak, Broccoli & Corn Fried Rice

with Carrot-Ginger Dressing



20-30min



2 Servings

Fried rice is a delicious way to fill your plate with protein & veggies! For this version, we stir-fry seared steak, crisp broccoli, snap peas, and corn with sticky sushi rice and savory tamari. And, you know that super flavorful, carrot-ginger house dressing you love so much at your local sushi joint? We made our own version and now we're passing the recipe over to you to drape over the rice just before serving.

What we send

- 5 oz sushi rice
- ½ lb broccoli
- garlic
- 4 oz snap peas
- 1 small bag carrots
- 1 piece fresh ginger
- 10 oz pkg sirloin steaks
- 2 (1 oz) rice vinegar
- 2 (½ oz) tamari soy sauce ¹
- 2 (1 oz) salted cashews ²
- 5 oz corn

What you need

- kosher salt & ground pepper
- neutral oil
- sugar

Tools

- small saucepan
- microplane or box grater
- large nonstick skillet

Allergens

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

Nutrition per serving

Calories 930kcal, Fat 39g, Carbs 111g, Protein 39g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil, then cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Spread rice out on a plate to cool until step 6.



4. Toast cashews

Heat **½ tablespoon oil** in a large nonstick skillet over medium-high. Add **cashews** and cook, stirring frequently, until toasted, 1-2 minutes. Using a slotted spoon, transfer cashews to a paper towel-lined plate and season with **salt**. Let cashews cool slightly, then coarsely chop.



2. Prep ingredients

While **rice** cooks, trim ends from **broccoli** and cut into ½-inch pieces. Finely grate **2 teaspoons garlic**. Trim stem ends from **snap peas**, then cut crosswise on an angle into ½-inch pieces. Scrub and finely grate **2 tablespoons carrot** on a microplane or small holes of a box grater. Finely grate **ginger**. Pat **steaks** dry, then season all over with **salt** and **pepper**.



5. Cook vegetables

Heat **½ tablespoon oil** in same skillet over medium-high. Add **broccoli** and a **pinch of salt**, tossing to coat. Add **2 tablespoon water**, cover, and cook until broccoli is crisp-tender, about 2 minutes. Increase heat to high, then add **all of the corn, snap peas, grated garlic**, and **remaining ginger**, stirring to combine.



3. Make dressing; sear steak

In a medium bowl, whisk **2 tablespoons rice vinegar**, **1 tablespoon tamari**, **1½ tablespoons oil**, and **1½ teaspoons sugar**. Stir in **carrots** and **half of the ginger**. Season to taste.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **steaks**; cook until browned and medium-rare, 3-4 minutes per side (or longer for desired doneness). Transfer to a cutting board.



6. Finish & serve

Add **cooked rice** and **2 teaspoons oil** to skillet, stirring to combine. Cook, pressing down to allow rice to crisp, tossing occasionally and repeating, until rice is warmed through, 4-5 minutes. Add **remaining tamari** to skillet and stir to combine. Season to taste. Thinly slice **steak**. Serve **fried rice** topped with **steak**, **carrot-ginger dressing**, and **cashews**. Enjoy!