

# DINNERLY



## Teriyaki Beef & Broccoli

with Jasmine Rice & Toasted Sesame Seeds



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! It'll be on your table in less time than it takes to place that delivery order—let alone arrive at your doorstep. Plus, we're pretty sure your local take-out joint isn't giving you fluffy rice piled high with all the flavors, but we sure are. We've got you covered!

## WHAT WE SEND

- 5 oz jasmine rice
- 1 oz fresh ginger (use half)
- garlic (use 2 large cloves)
- ½ lb broccoli
- 2 oz teriyaki sauce <sup>1,6</sup>
- ½ lb beef strips <sup>6,17</sup>
- toasted sesame seeds <sup>11</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)
- sugar
- all-purpose flour <sup>1</sup>
- neutral oil, such as vegetable

## TOOLS

- fine-mesh sieve
- small saucepan
- medium nonstick skillet

## ALLERGENS

Wheat (1), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 710kcal, Fat 30g, Carbs 79g, Protein 33g



### 1. Cook rice

Rinse **rice** in a fine-mesh sieve under running water until water runs clear. Drain and transfer to a small saucepan. Add **1¼ cups water** and **½ teaspoon salt**; bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Remove from heat and keep covered until ready to serve.



### 2. Prep ingredients

Meanwhile, peel and finely chop **1 tablespoon ginger**. Peel and finely chop **2 teaspoons garlic**. Cut **broccoli** into 1-inch florets. In a small bowl, stir together **teriyaki sauce**, **¼ cup water**, **1 tablespoon vinegar**, **2 tablespoons sugar**, and **2 teaspoons flour**. Reserve for step 4.



### 3. Cook broccoli

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



### 4. Cook beef

Heat **1 tablespoon oil** in same skillet over medium-high; add **beef**, **chopped garlic and ginger**, and **a pinch each salt and pepper**. Cook, without stirring, until beef is well browned on the bottom, 1–2 minutes. Add **broccoli** and **sauce** to skillet. Bring sauce to a simmer and cook until just slightly thickened, 1–2 minutes. Season to taste with **salt** and **pepper**.



### 5. Serve

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



### 6. Spice it up!

If the subtle heat from the chili sauce isn't enough to get your taste buds dancing, add a splash of Sriracha before digging in!