



Beef & Broccoli Stir-Fry

with Jasmine Rice



20-30min



2 Servings

Stir-frying is one of the best cooking methods for quickly infusing meat and veggies with savory-caramelized flavors. Ground beef gets flashed in a hot skillet with ginger and garlic, and then is mixed with crisp broccoli florets and coated in a savory-sweet tamari sauce. The beef and broccoli is served over jasmine rice and is finished with a sprinkle of toasted sesame seeds.

What we send

- 10 oz jasmine rice (use 1 cup)
- 1 oz fresh ginger (use half)
- garlic (use 1 large clove)
- 1 oz scallions
- ½ lb broccoli
- 2 oz tamari soy sauce ²
- 1 pkt toasted sesame oil (use 2 tsp) ³
- 10 oz ground beef
- toasted sesame seeds ³

What you need

- kosher salt & ground pepper
- sugar
- neutral oil
- all-purpose flour ¹

Tools

- small saucepan
- large skillet

Allergens

Wheat (1), Soy (2), Sesame (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1040kcal, Fat 57g, Carbs 82g, Protein 37g



1. Cook rice

In a small saucepan, combine **1 cup rice**, **1½ cups water**, and **a pinch of salt**; bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Keep covered until ready to serve.



4. Cook broccoli

Heat **1 tablespoon neutral oil** in a large skillet over medium-high. Add **broccoli** and **¼ cup water**, cover and cook until broccoli is crisp-tender and water is evaporated, about 3 minutes. Transfer to a plate; wipe out skillet.



2. Prep ingredients

Meanwhile, peel and finely chop **half of the ginger**. Finely chop **1 large garlic clove**. Trim **scallions**, thinly slice on an angle. Trim stem ends from **broccoli**, then cut crowns into 1-inch florets.



5. Cook beef

Add **2 tablespoons neutral oil**, **chopped ginger and garlic**, and **half of the scallions** to skillet over medium-high heat, and cook, stirring, until fragrant, about 30 seconds. Add **beef** and **½ teaspoon each of salt and pepper**; cook, breaking up meat into large pieces, until browned, 3-5 minutes. Stir in **1 tablespoon flour**, then return **broccoli** to skillet.



3. Prep sauce

In a measuring cup, stir to combine **tamari**, **1 cup water**, **2 teaspoons sesame oil**, and **1 tablespoon sugar**.



6. Finish & serve

Stir **sauce**, then add it to skillet and cook, scraping up any browned bits stuck to the pan, until sauce is thickened, 2-3 minutes. Fluff **rice** with a fork. Serve **rice** topped with **beef** and **broccoli** stir-fry. Garnish with **toasted sesame seeds** and **remaining scallions**. Enjoy!