



20-Min: 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

- 1 oz fresh ginger (use half)
- garlic
- 3 oz scallions
- ½ lb broccoli
- 2 oz tamari soy sauce ⁶
- ½ oz toasted sesame oil ¹¹
- 10 oz grass-fed ground beef
- 10 oz ready-to-heat jasmine rice
- ¼ oz sesame seeds ¹¹

What you need

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

Tools

- large skillet
- microwave

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 960kcal, Fat 60g, Carbs 74g, Proteins 38g



1. Prep ingredients

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



4. 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.



2. Prep sauce

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



5. Heat rice

Meanwhile, transfer **rice** to a microwave-safe bowl and season with **salt**. Cover and microwave on high until warm, 1-2 minutes. (Alternatively, bring a small saucepan of **salted water** to a boil. Add rice and cook until hot, about 2 minutes. Drain well.) Fluff **rice** with a fork and cover to keep warm.



3. 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.



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. Serve **rice** topped with **beef** and **broccoli** stir-fry. Garnish with **sesame seeds** and **remaining scallions**. Enjoy!