



Beef & Broccoli with Black Bean Garlic Sauce

& 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. We stir-fry tender pieces of shaved steak in a hot skillet with ginger and crisp broccoli, then add a black bean garlic sauce-honey mixture for a sweet-savory bite. Fluffy jasmine rice is the perfect side to soak up the umami-rich sauce.

What we send

- 5 oz jasmine rice
- ½ oz honey
- 2 oz black bean sauce ^{1,6}
- ¼ oz cornstarch
- 1 oz fresh ginger
- 1 pkg scallions
- ½ lb broccoli
- ½ lb shaved sirloin steak ^{6,17}
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- neutral oil
- apple cider vinegar (or white wine vinegar)

Tools

- 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 600kcal, Fat 18g, Carbs 86g, Protein 26g



1. Cook rice

In a small saucepan, combine **rice, 1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and water has absorbed, about 15 minutes. Remove from heat and keep covered until ready to serve.



4. Stir-fry broccoli

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add **broccoli** and season with **salt** and **pepper**. Cook, stirring occasionally, until crisp-tender, about 4 minutes. Transfer broccoli to a plate.



2. Make sauce

In a small bowl, stir to combine **honey, black bean garlic sauce, ¼ cup water, 1 teaspoon each of cornstarch and oil**, and **½ teaspoon vinegar**.



5. Stir-fry beef

Heat **2 teaspoons oil** in same skillet over high. Add **shaved steak, chopped ginger**, and **1 teaspoon cornstarch**. Break meat up into large 2-inch pieces, then cook, without stirring, until liquid is evaporated and beef is well browned on one side, 2-3 minutes. Stir and continue to cook until beef is just cooked through, 2-3 minutes more. Season to taste with **salt** and **pepper**.



3. Prep ingredients

Peel and finely chop **2 teaspoons ginger**. Trim **scallions**, then thinly slice about ¼ cup. Trim stem ends from **broccoli**, then cut crowns into 1-inch florets.



6. Finish & serve

Stir **sauce** into skillet with **beef** and bring to a boil. Add **broccoli** and **half each of the sesame seeds and sliced scallions**. Cook, stirring, until broccoli is warm and coated with sauce, 30 seconds. Season to taste with **salt** and **pepper**. Fluff **rice** with a fork. Serve **beef and broccoli** over **rice**. Garnish with **remaining sesame seeds and sliced scallions**. Enjoy!