



Sesame-Ginger Beef Stir-Fry

with Broccoli, Rice & Sweet Onion



20-30min



2 Servings

We wanted to recreate the flavors of a sizzling stir fry without all the tossing and hard work. So we turned on the broiler and spread a mixture of broccoli, thinly sliced beef, and sweet onion onto a baking sheet. Make sure the beef is on the top layer and keep an eye on the sheet—you're looking for browned bits and even a little char on the broccoli. Cook, relax, and enjoy!

What we send

- toasted sesame seeds ¹¹
- gluten-free tamari ⁶
- sirloin beef strips
- sweet onion
- broccoli crowns
- jasmine rice
- 2 cloves garlic
- fresh ginger
- toasted sesame oil ¹¹
- mirin

What you need

- coarse salt

Tools

- fine-mesh sieve
- microplane or grater
- rimmed baking sheet
- pot

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

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

Nutrition per serving

Calories 660kcal, Fat 16g, Carbs 70g, Proteins 52g



1. Cook rice

Preheat broiler with rack in top position, 4-6 inches from heat source. Rinse **rice** in a fine-mesh sieve until water runs clear. In a small pot, bring rice, **1 ¼ cups water**, and **a pinch salt** to a boil. Reduce to a simmer and cook, covered, until rice is tender and water is absorbed, 15-17 minutes.



4. Coat ingredients

Add **broccoli**, **onion**, and **beef** to **marinade** and stir to evenly coat. Transfer all to a rimmed baking sheet and spread out evenly. Make sure beef is on the top layer so it gets crispy (otherwise it will steam).



2. Prep ingredients

Cut **broccoli** into small florets. Trim ends from **onion**, then halve, peel and thinly slice. Pat **beef strips** dry.



5. Broil

Broil, without stirring, rotating sheet halfway through, until **beef** is sizzling and well-browned in places, and **broccoli** is charred and crisp-tender, 7-9 minutes. (Watch closely as broilers vary widely.)



3. Make marinade

Peel **ginger** and **2 large cloves garlic** and finely grate (or finely chop) over a large bowl. Add **tamari**, **mirin**, **sesame oil**, **2 tablespoons water**, and whisk to combine.



6. Serve

Serve **beef mixture** over **rice**, drizzle with **pan juices** to taste, and sprinkle with **sesame seeds**.