

SKU1746 hero

## 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. Grass-fed 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. Cook, r...

## What we send

- broccoli
- toasted sesame oil <sup>11</sup>
- garlic
- grass-fed ground beef
- fresh ginger
- scallions
- toasted sesame seeds <sup>11</sup>
- jasmine rice

## What you need

- all-purpose flour <sup>1</sup>
- kosher salt & ground pepper
- sugar

## Tools

- fine-mesh sieve
- large skillet
- small saucepan

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

## Nutrition per serving

Calories 1050kcal, Fat 50g, Carbs 101g, Proteins 47g



### 1. Cook rice

Rinse **rice** in a fine-mesh sieve until the water runs clear. Add rice to a small saucepan along with **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. Cover to keep warm 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** (save rest for own use). Peel and finely chop **1 large garlic clove**. Trim ends from **scallions** and thinly slice on an angle. Cut **broccoli** into 1-inch florets.



### 5. Cook beef

Add **2 tablespoons neutral oil**, **ginger**, **garlic**, and **half of the scallions** to skillet over medium-high heat, and cook until fragrant, about 30 seconds. Add **beef** and **½ teaspoon each 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, combine **tamari**, **1 cup water**, **2 teaspoons of the sesame oil** (save rest for own use), and **1 tablespoon sugar**, and stir to dissolve 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!