



# DINNERLY



## Beef and Broccoli Stir-Fry with Jasmine Rice

 ca. 20min  2 Servings

You know that feeling when you order something from your favorite Chinese spot on a Tuesday? You know you deserve the reward, but you still feel kind of like a rebel because it's not even Wednesday, and take-out is usually a weekend indulgence? We're down with that and want you to have that same feeling with a homemade meal. So we cooked up a beef and broccoli recipe with jasmine rice. Don't wo...

## WHAT WE SEND

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

## WHAT YOU NEED

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

## TOOLS

- fine-mesh sieve
- large skillet
- small saucepan

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 889kcal, Fat 39g, Carbs 97g, Proteins 36g



### 1. Make rice

Rinse **rice** in a fine-mesh sieve under running water until water runs clear. Drain and transfer to a small saucepan. Add **1½ cups water** and a **pinch of salt** and bring to a boil. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Let sit until step 5.



### 2. Prep ingredients

Peel and finely chop **2 tablespoons ginger** (save rest for own use). Peel and finely chop **1 large garlic clove**. Trim ends from **broccoli stems**, then thinly slice stems and cut tops into **¾-inch florets**.



### 3. Make sauce

In a small bowl, combine **tamari**, **2 teaspoons of the sesame oil** (save rest for own use), **1 tablespoon sugar**, and **½ cup water**; stir to dissolve **sugar**.



### 4. Sauté aromatics

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. Add **2 tablespoons oil**, **ginger**, and **garlic** to skillet, and cook until fragrant, 30 seconds.



### 5. Finish stir-fry

Add **beef** and **½ teaspoon pepper** to skillet, and cook, breaking up large pieces, until browned, 3-5 minutes. Stir in **1 tablespoon flour**, then return **broccoli** to skillet. 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 **beef and broccoli stir-fry** over **rice**. Enjoy!



### 6. Make it ahead!

Prep the ingredients in step 2 and whisk together the sauce in step 3 and leave them, separately, in the fridge until you're ready to get your stir-fry on.