



DINNERLY



Beef and Broccoli Stir-Fry with Jasmine Rice

 ca. 20min  4 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

- grass-fed ground beef
- broccoli
- fresh ginger
- garlic
- toasted sesame oil ¹¹
- jasmine rice

WHAT YOU NEED

- all-purpose flour ¹
- 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 751kcal, Fat 35g, Carbs 73g, Proteins 34g



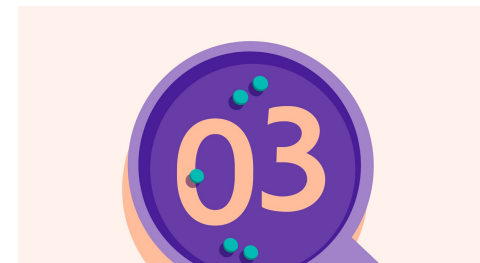
1. Make rice

Rinse **rice** in a fine-mesh sieve under running water until water runs clear. Drain and transfer to a small saucepan. Add **2 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 **ginger**. Peel and finely chop **2 large garlic cloves**. 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**, **sesame oil**, **2 tablespoons sugar**, and **1 cup water**; stir to dissolve sugar.



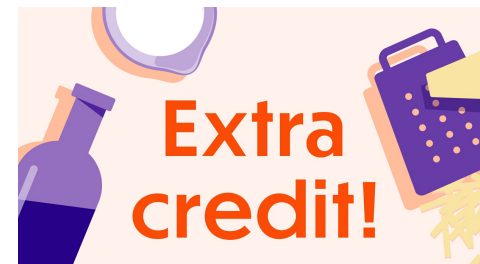
4. Sauté aromatics

Heat **1 tablespoon neutral oil** in a large skillet over medium-high. Add **broccoli** and **⅓ cup water**, cover and cook until broccoli is crisp-tender and water is evaporated, about 4 minutes. Transfer to a plate; wipe out skillet. Add **¼ cup oil**, **ginger**, and **garlic** to same skillet; 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 **2 tablespoons 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, 4-6 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.