

SKU1746 hero

## Beef & Broccoli Stir-Fry

with Jasmine Rice



20-30min



4 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

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

## What you need

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

## Tools

- fine-mesh sieve
- large skillet
- medium 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 810kcal, Fat 35g, Carbs 77g, Proteins 44g



### 1. Cook rice

Rinse **rice** in a fine-mesh sieve until the water runs clear. Add rice to a medium saucepan along with **2 cups water** and **a pinch of salt** and 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 **1½ tablespoons 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

Peel and finely chop **ginger**. Peel and finely chop **2 large garlic cloves**. Trim ends from **scallions** and thinly slice on an angle. Cut **broccoli** into 1-inch florets.



### 5. Cook beef

Add **ginger, garlic, 2 tablespoons neutral oil**, and **half of the scallions** to skillet over medium-high heat, and cook until fragrant, about 30 seconds. Add **beef** and **1 teaspoon each salt and pepper** and cook, breaking up into large pieces, until browned, 5-8 minutes. Stir in **2 tablespoons flour**, then return **broccoli** to skillet.



### 3. Prep sauce

In a measuring cup combine, **all of the tamari and sesame oil, 1¼ cups water**, and **2 tablespoons sugar**, and stir to dissolve sugar.



### 6. Finish stir-fry & 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!