



NOV
2016

Korean-Style Beef

with Broccoli, Ginger, and Jasmine Rice

Stir-frying is one of the simplest, fastest, and most delicious ways to get dinner on the table during busy weeknights. In this recipe, beef is marinated with intensely aromatic ingredients like soy sauce, sesame oil, hoisin sauce, and ginger for a restaurant-worthy result.



Prep: 10 min
Total: 30 min



level 1



nut free



gluten free



dairy free



Garlic



Ginger



Scallions



Jasmine Rice



Soy Sauce



Sesame Oil



Hoisin Sauce



Ground Beef



Broccoli Florets



Sesame Seeds

Ingredients

Garlic		4 People	2 Cloves
Ginger			1 Thumb
Scallions			4
Jasmine Rice			1 Cup
Soy Sauce	1)		3 TBSP
Sesame Oil			1 TBSP
Hoisin Sauce	1)		2 TBSP
Ground Beef			20 oz
Broccoli Florets			16 oz
Sesame Seeds			1 TBSP
Vegetable Oil*			4 tsp

*Not Included

Allergens

1) Soy

Tools

Medium pot, Peeler, Large bowl, Large pan

Nutrition per person Calories: 548 cal | Fat: 22 g | Sat. Fat: 6 g | Protein: 34 g | Carbs: 52 g | Sugar: 6 g | Sodium: 755 mg | Fiber: 4 g

1



1 Prep: Wash and dry all produce. Bring **2 cups salted water** to a boil in a medium pot. Mince **garlic**. Peel and mince **2 TBSP ginger**. Thinly slice **scallions**, keeping **greens** and **whites** separate.

2



2 Boil the rice: Add **rice** to boiling water. Cover and reduce to a low simmer until tender, 15-20 minutes. Remove from heat until meal is ready.

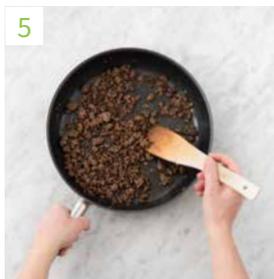
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3 Flavor the beef: In a large bowl, combine **soy sauce, sesame oil, hoisin sauce, scallion whites**, half the **garlic**, and half the **ginger**. Add **ground beef** and thoroughly combine with your hands.

4 Cook the broccoli: Heat a drizzle of **vegetable oil** in a large pan over medium heat. Add **broccoli** and toss until crisp-tender, 6-8 minutes. Season with **salt** and **pepper**. Add remaining **garlic** and **ginger**, and toss until fragrant, about 30 seconds. Remove from pan, and cover to keep warm.

5



5 Cook the beef: Heat a drizzle of **vegetable oil** in same pan over medium-high heat. Add **beef mixture** and break up into pieces until browned, 4-5 minutes.

6 Serve: Fluff **rice** with a fork. Serve **beef** and **broccoli** on a bed of **rice**, and sprinkle with **scallion greens** and **sesame seeds**. Enjoy!

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