



TERIYAKI BEEF & BROCCOLI

with Ginger Lime Rice



HELLO

TERIYAKI SAUCE

Sweet, savory, and deeply flavorful, this magic marinade turns any dish into a weeknight win.

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 720**



Broccoli Florets



Lime



Chili Pepper



Diced Steak



Ginger



Red Onion



Jasmine Rice



Teriyaki Sauce
(Contains: Soy)

START STRONG

If you don't have a lid for your large pan in step 3, no worries! You can use a sheet pan or aluminum foil to loosely cover the broccoli and help it steam.

BUST OUT

- Zester
- Small pot
- Large pan
- Paper towels
- Vegetable oil (4 tsp | 4 tsp)
- Butter (1 TBSP | 1 TBSP)
(Contains: Milk)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Broccoli Florets **8 oz** | **16 oz**
- Ginger **1 Thumb** | **2 Thumbs**
- Lime **1** | **1**
- Red Onion **1** | **2**
- Chili Pepper **1** | **1**
- Jasmine Rice **¾ Cup** | **1½ Cups**
- Diced Steak* **10 oz** | **20 oz**
- Teriyaki Sauce **4 oz** | **8 oz**

* Steak is fully cooked when internal temperature reaches 145 degrees.



1 PREP

Wash and dry all produce. Cut **broccoli florets** into bite-size pieces, if necessary. Peel and mince or grate **ginger**. Zest and quarter **lime**. Halve, peel, and dice **onion** into ¾-inch pieces. Thinly slice **chili**.



4 COOK ONION & STEAK

Heat a drizzle of **oil** in same pan over medium-high heat. Add **onion** and cook, stirring, until softened, 4-5 minutes. Meanwhile, pat **diced steak** dry with paper towels; season with **salt** and **pepper**. Once onion is softened, add steak and cook until browned and cooked through, 3-5 minutes. **TIP:** If there's excess grease in your pan, carefully pour it out.



2 COOK RICE

Heat a drizzle of **oil** in a small pot over medium-high heat. Add half the **ginger** and cook until fragrant, 30 seconds. Add **rice**, **1¼ cups water** (2¼ cups for 4 servings), and a big pinch of **salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



5 MAKE SAUCE

Add remaining **ginger** to pan; cook until fragrant, 30 seconds. Add **teriyaki sauce** and as much **lime juice** as you like. Stir in **broccoli** until warmed through; turn off heat. **TIP:** If you like a sweeter sauce, add a pinch or two of sugar.



3 COOK BROCCOLI

While rice cooks, heat a large pan over medium-high heat. Add **broccoli** and **1 TBSP water**. Cover and let steam until bright green, 4-5 minutes. Uncover and add a large drizzle of **oil**, **salt**, and **pepper**. Cook, uncovered, until broccoli is tender and lightly charred, 2-4 minutes more. Turn off heat; transfer to a plate. Wash out pan.



6 FINISH & SERVE

Fluff **rice** with a fork; stir in **1 TBSP butter** and **lime zest** to taste. Season with **salt** and **pepper**. Divide between bowls and top with **steak and broccoli mixture**. If you like spicy food, sprinkle with as much **chili** as you like. Serve with any remaining **lime wedges** on the side.

ONE TWO CRUNCH

Have peanuts on hand? Chop some up and sprinkle over your bowls for a nutty finish.

Share your #HelloFreshPics with us! | (646) 846-3663 HelloFresh.com | hello@hellofresh.com

WK 7 NJ-19