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## Korean-Style Beef Stir Fry

with Broccolini, Brown Rice, and Sesame

Stir-fries are an unbeatable weeknight dinner – simple, fast, and delicious. This beef is marinated with intensely aromatic ingredients for incredible results. If you have time, let it marinate in the fridge for up to an hour to marry the flavors!



Ground Beef



Hoisin Sauce



Soy Sauce



Scallions



Sesame Seeds



Garlic



Ginger



Brown Rice

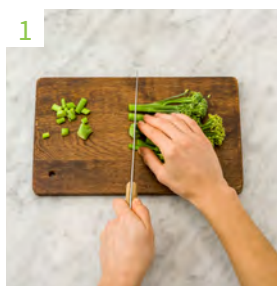


Broccolini

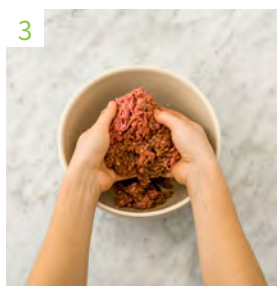
Ingredients	2 People	4 People	*Not Included
Ground Beef	12 oz	24 oz	
Hoisin Sauce	1 T	2 T	<b>Allergens</b>
Soy Sauce	2 T	4 T	1) Wheat
Scallions	2	4	2) Soy
Sesame Seeds	1 T	2 T	
Garlic	2 cloves	4 cloves	
Ginger	1 thumb	2 thumbs	<b>Tools</b>
Brown Rice	¾ c	1 ½ c	Medium Pot, Peeler,
Broccolini	6 oz	12 oz	Large Bowl, Large Pan,
Vegetable Oil*	1 t	2 t	Strainer

**Nutrition per person** Calories: 687 cal | Fat: 24 g | Sat. Fat: 7 g | Protein: 45 g | Carbs: 71 g | Sugar: 7 g | Sodium: 717 mg | Fiber: 7 g

Make sure to wash and dry produce before prepping or cooking!



**1 Prep the vegetables:** Bring a medium pot of water with a large pinch of **salt** to a boil. Mince or grate the **garlic**. Peel and mince **1 Tablespoon ginger**. Thinly slice the **scallions**, keeping the **whites** and **greens** separate. Trim and discard the bottom inch of the **broccolini**. Halve the broccolini lengthwise through the stems, then cut into 2-inch pieces.

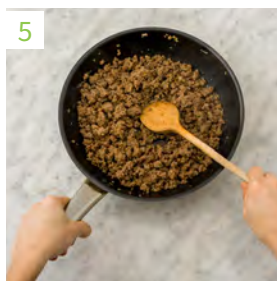


**2 Cook the rice:** Add the **rice** to the boiling water and cook for 30-35 minutes, until tender. Drain.

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



**4** With 15-20 minutes left on the **rice**, heat a drizzle of **oil** in a large pan over medium heat. Add the **broccolini** and cook, tossing, for 6-8 minutes, until crisp-tender. Season with **salt** and **pepper**. Add the remaining **garlic** and **ginger** and cook, tossing for 30 seconds, until fragrant. Remove from the pan and set aside. Cover to keep warm.



**5 Cook the beef:** Heat the same pan over medium-high heat. Once hot, add the **beef** and cook, breaking up the meat into pieces, until browned and no longer pink.

**6 Finish and plate:** Fluff the **rice** with a fork. Serve the **broccolini** and **beef** on a bed of **rice**, sprinkled with **scallion greens** and **sesame seeds**. Enjoy!

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