



TERIYAKI BEEF AND 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



Jasmine Rice



Teriyaki Sauce
(Contains: Soy)



Ginger



Chili Pepper



Diced Steak

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 tent the broccoli and help it steam.

BUST OUT

- Peeler
- 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**
- 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.

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 PREP

Wash and dry all produce. If necessary, cut **broccoli florets** into bite-sized pieces. Peel and mince or grate **ginger**. Zest and quarter **lime**. Thinly slice **chili**, removing seeds for less heat.



4 COOK STEAK

Pat **diced steak** dry with paper towels; season all over with **salt** and **pepper**. Heat a drizzle of **oil** to pan used for broccoli over medium-high heat. Add steak and cook, without stirring, until well browned, 3-5 minutes. Continue to cook, stirring occasionally, until cooked through, 2-3 minutes more.

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, 20-30 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 with **diced steak** and cook until fragrant, 30 seconds to 1 minute. 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

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 AND 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 finished dish for nutty flavor and texture.

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