



# SOY-MARINATED STEAK

with Peanut Satay Sauce and Crispy Broccoli



**HELLO**  
**PEANUT SATAY SAUCE**  
A hint of lime makes this creamy, nutty dipping sauce pop.



Beef Stir-Fry



Jasmine Rice



Broccoli Florets



Soy Sauce  
(Contains: Soy)



Garlic



Scallions



Lime



Peanut Butter  
(Contains: Peanuts)

**PREP: 10 MIN** | **TOTAL: 40 MIN** | **CALORIES: 720**

## START STRONG

Planning ahead? You can marinate the beef in the ingredients called for in step 3 for up to three hours before cooking. This will make the meat all the more flavorful.

## BUST OUT

- Small pot
- Zester
- Baking sheet
- Medium bowl
- Oil (5 tsp | 10 tsp)
- Sugar (4 tsp | 7 tsp)
- Large pan
- Small bowl

## INGREDIENTS

Ingredient 2-person | 4-person

- Lime 1 | 2
- Garlic 2 Cloves | 4 Cloves
- Scallions 2 | 4
- Broccoli Florets 8 oz | 16 oz
- Jasmine Rice ½ Cup | 1 Cup
- Beef Stir-Fry 10 oz | 20 oz
- Soy Sauce 4 tsp | 8 tsp
- Peanut Butter 1.15 oz | 2.3 oz

## HELLO WINE



PAIR WITH  
Remarquable Lirac Rouge, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



## 1 PREHEAT AND PREP

**Wash and dry all produce.** Adjust rack to middle position and preheat oven to 400 degrees. Bring **¾ cup water** and a pinch of **salt** to a boil in a small pot. Zest **lime** until you have ½ tsp zest, then cut in half. Cut one half into wedges. Mince **garlic**. Trim, then thinly slice **scallions**, keeping greens and whites separate.



## 4 MAKE PEANUT SAUCE

Heat a drizzle of **oil** in a large pan over low heat. Add **scallion whites** and remaining **garlic**. Cook, tossing, until fragrant, about 1 minute. Stir in **peanut butter**, **2 tsp sugar**, and **1 tsp soy sauce** (you'll have a little soy sauce left over). Slowly pour in **¼ cup water**, stirring to combine. Remove pan from heat, then stir in a squeeze of **lime**. Season with **salt** and **pepper**.



## 2 ROAST BROCCOLI AND COOK RICE

Toss **broccoli** with a drizzle of **oil**, and a pinch of **salt** and **pepper** on a baking sheet. Roast in oven until crisp, 15-20 minutes. Once water is boiling, add **rice** to pot. Cover, lower heat, and reduce to a gentle simmer. Cook until tender, about 15 minutes.



## 5 COOK BEEF

Transfer **peanut sauce** to a small bowl, then rinse and dry pan. Heat a drizzle of **oil** in same pan over medium-high heat. Add **beef** and cook, tossing, until browned and cooked to desired doneness, 3-4 minutes. **TIP:** Cook beef in batches to avoid overcrowding and for the best texture and flavor.



## 3 MARINATE BEEF

In a medium bowl, toss together **beef**, half the **garlic**, **lime zest**, **1 TBSP soy sauce** (we'll use more later), **2 tsp sugar**, and a large drizzle of **oil**. Season with **salt** and **pepper**.



## 6 PLATE AND SERVE

Divide **rice** between plates, then top with **broccoli** and **beef**. Drizzle with **peanut sauce**. Garnish with **scallion greens**. Serve with **lime wedges** for squeezing over and any remaining peanut sauce on the side for dipping.

## YUM!

Peanut sauce is also great for dressing up pasta, grilled chicken, or stir-fries.

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