



SOY-MARINATED STEAK

with Peanut Sauce and Crispy Broccoli



HELLO

PEANUT SATAY SAUCE

Creamy, nutty, and slightly sweet with a kick of citrus tang.

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 710



Lime



Broccoli Florets



Soy Sauce
(Contains: Soy)



Beef Stir-Fry



Garlic



Scallions



Jasmine Rice



Peanut Butter
(Contains: Peanuts)

START STRONG

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

BUST OUT

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

INGREDIENTS

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

- | | |
|--------------------|---------------------|
| • Beef Stir-Fry | 12 oz 24 oz |
| • Garlic | 2 Cloves 4 Cloves |
| • Lime | 1 2 |
| • Scallions | 2 4 |
| • Broccoli Florets | 8 oz 16 oz |
| • Jasmine Rice | ½ Cup 1 Cup |
| • Soy Sauce | 4 tsp 8 tsp |
| • Peanut Butter | 2 TBSP 4 TBSP |

HELLO WINE



PAIR WITH
The Descent Valle Central
Merlot, 2015

HelloFresh.com/Wine



1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 400 degrees. Bring $\frac{3}{4}$ cup water and a pinch of **salt** to a boil in a small pot. Mince or grate **garlic**. Zest **lime** until you have $\frac{1}{2}$ tsp zest, then cut into halves. Cut one half into wedges. 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 $\frac{1}{4}$ 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**, a drizzle of **oil**, and a pinch of **salt** and **pepper** on a baking sheet. Roast in oven until crispy, 15-20 minutes. Once water is boiling, add **rice** to pot. Cover, lower heat, and reduce to a simmer. Cook until tender, 15-20 minutes.



5 COOK BEEF

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



3 MARINATE BEEF

In a medium bowl, toss together **beef**, half the **garlic**, **lime zest**, **1 TBSP soy sauce**, **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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