

Beef & Broccoli Stir Fry ?

Cooking Instructions

This dish includes 5 parts: Beef, Sauce, Rice, Sesame Seeds, and Fresh Broccoli.

Rice: Bring 1 3/4 cups water + 1/4 tsp salt to a boil. Add 1 cup rice and stir. Lower heat and simmer, covered, for 18 mins.

Stir Fry: QuickThaw beef and sauce by submerging well-sealed bags in water for 15-20 min. Add a little oil to a skillet and, over medium heat, cook beef strips in three batches for about 2 min per side. Set beef aside. Add 1 cup water plus the broccoli and the sauce to the skillet. Stir well, cover, and let simmer 3-5 min until broccoli is tender. Stir beef back in and serve over rice. Sprinkle with sesame seeds to taste.

Note: The sauce contains fresh ginger, which is fibrous. You may notice these fibers in your sauce.

Please Note: Cooking times are estimates and vary based on your actual oven, stovetop, or slow cooker, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.



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