



Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

Beef Broccoli Stir Fry

Ingredients

Steak & Sauce

Hanger Steak
Garlic Cloves, Ginger, Coconut
Aminos, Coconut Oil, Honey, Ses-
ame Oil, Fish Sauce

Produce:

Shallot
Broccoli

Dry Goods:

Sushi Rice
Sesame Seeds

Directions

Pour rice into a pot with lid. Fill rice container with cold water and add to the rice, repeat once more and add a pinch of salt. Set rice over medium heat, bring to a boil, cover, reduce to a simmer and set a 20 minute timer. Once timer goes off, remove from heat and leave covered another 10 minutes.

Take out a wok, or large sauté pan.

Open bag with hanger steak and sauce, pour everything into a large bowl. Take out shallot and broccoli. Dice shallot and divide broccoli into small crowns. Also take out the jar of extra sauce.

Heat the sauté pan over medium-high heat and add oil of choice to the pan.

Once hot, pour into chopped shallot, sauté 4-6 minutes until it begins to brown. Using tongs, place meat into the pan. Cook 2 minutes, turn, pour in broccoli and sauce over everything. Cook another 2 minutes, then combine well until broccoli is cooked through, about 4 minutes.

To serve, portion rice and stir fry into bowls and top with sesame seeds.