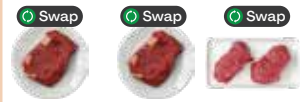




# Saucy Umami Beef and Broccoli with Egg Fried Rice

Stir-Fry Special 35 Minutes



Customized Protein **+** Add **↻** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Striploin Steak 370 g | 740 g  
Double Striploin Steak 740 g | 1480 g  
Tenderloin Steak 340 g | 680 g



- Top Sirloin Steak 285 g | 570 g
- Egg 2 | 4
- Basmati Rice ¼ cup | 1 ½ cups
- Broccoli 227 g | 454 g
- Mushrooms 113 g | 227 g
- Garlic, cloves 2 | 4
- Ginger Sauce 4 tbsp | 8 tbsp
- Cashews, chopped 28 g | 56 g
- Crispy Shallots 28 g | 56 g
- Cornstarch 1 tbsp | 2 tbsp
- Vegetable Stock Powder 1 tbsp | 2 tbsp
- Soy Sauce 2 tbsp | 4 tbsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. *Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

**Pantry items** | Butter, oil, salt, pepper, sugar

**Cooking utensils** | Large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, small bowl, strainer

1



## Cook rice

- Before starting, wash and dry all produce.

- Using a strainer, rinse **rice** until water runs clear.
- To a medium pot, add **stock powder**, **1 ¼ cups** (2 cups) **water** and **1 tbsp** (2 tbsp) **butter**. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook for 12-14 min, until **rice** is tender and liquid is absorbed. Remove from heat. Set aside, still covered.

2



## Prep

- 🔄 Swap | **Striploin Steak**
- 🔄 Swap | **Double Striploin Steak**
- 🔄 Swap | **Tenderloin Steak**

- While **rice** cooks, cut **broccoli** into bite-sized pieces.
- Thinly slice **mushrooms**.
- Peel, then mince or grate **garlic**.
- Meanwhile, pat **steaks** dry with paper towels. On a clean cutting board, cut into ¼ -inch-thick slices, against the grain.
- To a large bowl, add **steak**, **cornstarch**, **half the soy sauce**, **half the garlic** and ¼ **tsp** (½ tsp) **sugar**. Toss to coat.

3



## Cook veggies

- Heat a large non-stick pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, **mushrooms** and **broccoli**. Season with **salt** and **pepper**. Cook for 3-5 min, stirring often until **mushrooms** soften and **broccoli** is tender-crisp.
- While **veggies** cook, crack **eggs** into a small bowl. Season with **salt** and **pepper**. Whisk with a fork to mix.
- Transfer **veggies** to a plate. Cover to keep warm.

4



## Make egg fried rice

- Reheat pan over medium-high. When hot add **1 tbsp** (2 tbsp) **butter**. Swirl pan until melted, 1 min.
- Add **egg mixture**. Cook for 1-2 min, stirring in a figure-eight pattern, until **curds** form and **eggs** are cooked through.\*\*
- Fluff **rice** with fork. Add **rice**, **remaining soy sauce**, and **remaining garlic** to pan with **eggs**. Cook for 1-2 min, stirring occasionally until fragrant.
- Remove pan from heat. Stir in **half the crispy shallots**.
- Transfer **rice** to a bowl. Cover to keep warm. Wipe out pan.

5



## Cook beef

- Reheat pan over medium-high. When hot, add **1 tbsp** (2 tbsp) **oil** and **beef**. Season with **salt** and **pepper**. Cook for 1-2 min, stirring occasionally until golden on most sides.
- Add **ginger sauce**, **veggies** and ¼ **cup** (½ cup) **water** to **beef**. Cook for 1-2 min, stirring often until **sauce** thickens slightly and **beef** is cooked through.

6



## Finish and serve

- Divide **rice** between plates.
- Top **rice** with **beef and veggies**. Spoon **any remaining sauce** in pan over top.
- Sprinkle **cashews** and **remaining crispy shallots** over top.

**Measurements within steps** | **1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 2 | Prep

🔄 Swap | **Striploin Steak**

If you've opted for **striploin steak**, prep and cook in the same way the recipe instructs you to prep and cook **sirloin steak**.

## 2 | Prep

🔄 Swap | **Double Striploin Steak**

If you've opted for **double striploin steak**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of sirloin steak**. Work in batches if necessary.

## 2 | Prep

🔄 Swap | **Tenderloin Steak**

If you've opted for **tenderloin steak**, prep and cook in the same way the recipe instructs you to prep and cook the **sirloin steak**.

\*\* Cook beef to a minimum internal temperature of 145°F for medium-rare; steak size will affect doneness, and cook egg to a minimum internal temperature of 165°.