



In your box

8 oz. Broccoli Florets
2 Garlic Cloves
4 Green Onions
1 oz. Roasted Peanuts
 $\frac{3}{4}$ cup Jasmine Rice
1 fl. oz. Tamari Soy Sauce
 $\frac{1}{2}$ oz. Light Brown Sugar
 $\frac{1}{4}$ tsp. Red Pepper Flakes

Customize It Options

10 oz. Steak Strips
10 oz. USDA Choice Sliced Flank
Steak

*Contains: peanuts, soy

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Small Pot, Medium
Non-Stick Pan



Mongolian Beef

and roasted broccoli

NUTRITION per serving—Calories: 794, Carbohydrates: 81g, Fat: 34g, Protein: 42g, Sodium: 1442mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

25-35 min.

Cook Within

6 days

Difficulty Level

Intermediate

Spice Level

Mild

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **red pepper flakes**

Customize It Instructions

- If using **flank steak**, follow same instructions as steak strips, cooking until steak reaches a minimum internal temperature of 145 degrees.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces, if necessary.
- Trim and cut **green onions** into ½" pieces.
- Coarsely chop **peanuts**.
- Mince **garlic**.
- Separate **steak strips** into a single layer and pat dry. Season all over with a pinch of **salt** and **pepper**.



2

Cook the Rice

- Bring a small pot with **rice** and 1 ½ cups **water** to a boil. Reduce to a simmer, cover, and cook until tender, 18-20 minutes.
- Remove from burner and fluff rice. Cover and set aside.
- While rice cooks, roast broccoli.



3

Roast the Broccoli

- Place **broccoli** on prepared baking sheet. Toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into broccoli.
- Spread into a single layer and roast in hot oven until tender, 14-16 minutes.
- While broccoli roasts, sear steak strips.



4

Sear the Steak Strips

- Heat 2 tsp. **olive oil** in a medium non-stick pan over medium-high heat.
- Add **steak strips** to hot pan and cook undisturbed until browned, 2-3 minutes.
- Transfer steak strips to a plate. *Steak strips will finish cooking in a later step.* Keep pan over medium-high heat.



5

Make Sauce and Finish Dish

- Add 1 tsp. **olive oil** and **garlic** to hot pan. Stir constantly until fragrant, 30 seconds.
- Add **soy sauce**, **brown sugar**, and a pinch of **red pepper flakes** (reserve remaining for garnish). Bring to a simmer, stirring occasionally. Once simmering, stir occasionally until sauce thickens, 2-3 minutes.
- Stir in **steak strips**, **green onions**, and **broccoli**. Cook until no pink remains on steak strips, and they reach a minimum internal temperature of 145 degrees, 2-3 minutes.
- Plate dish as pictured on front of card, garnishing with **peanuts** and remaining red pepper flakes (to taste). Bon appétit!