



In your box

8 oz. Broccoli Florets
2 Garlic Cloves
4 Green Onions
1 oz. Roasted Peanuts
10 oz. Steak Strips
¾ cup Jasmine Rice
1 fl. oz. Soy Sauce
½ oz. Light Brown Sugar
¼ tsp. Red Pepper Flakes



Customer Favorite

Mongolian Beef and roasted broccoli

NUTRITION per serving—Calories: 748, Carbohydrates: 81g, Fat: 28g, Protein: 44g, Sodium: 1585mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
Nutritional information may vary if you selected flank steak as your protein

Prep & Cook Time
25-35 min.

Cook Within
6 days

Difficulty Level 
Easy

Spice Level 
Mild

① You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Small Pot, Medium Non-Stick Pan

👩🍳 Before you cook

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

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



1

Prepare the Ingredients

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



2

Cook the Rice

- Bring a small pot with **rice** and 1½ cup **water** to a boil. Reduce to a simmer, cover, and cook until tender, 18-20 minutes.
- Remove from burner and fluff rice. Set aside covered.
- 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**.
- Spread into a single layer and roast 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.
- Place **steak strips** in hot pan. Cook undisturbed until browned, 2-3 minutes.
- Transfer steak strips to a plate. *Steak strips will finish cooking in a later step.*
- *If using flank steak, follow same instructions.*
- Reserve pan; no need to wipe clean.



5

Make the Sauce

- Return pan used to sear steak strips to medium-high heat. 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** (to taste). Bring to a simmer, and stir occasionally until sauce thickens, 3-4 minutes.
- Stir in **steak strips**, **green onions**, and **broccoli**. Cook until no pink remains on steak, 2-3 minutes.
- Plate dish as pictured on front of card, garnishing with **peanuts** and remaining red pepper flakes (to taste). Bon appétit!