Stir-Fried Beef & Broccoli with Garlic Rice & Pickled Delicata Squash In tonight's dish, a Chinese takeout favorite-beef and broccoli-gets a seasonal twist thanks to delicata squash, a gorgeous, striped variety with a delectably sweet flavor. We're simmering thin slices in vinegar, sugar and a bit of red chile sauce to create a refreshing, spicy pickle that contrasts wonderfully with the hoisinflavored beef and earthy broccoli. A base of garlic jasmine rice rounds out the dish's bold flavors. Blue Apron Wine Pairings Shannon Ridge Zinfandel, 2015 Somerbosch Pinotage, 2014



Ingredients

11/8 Pounds Thinly Sliced Beef

34 Cup Jasmine Rice

3 Cloves Garlic

1 Jester Squash

1/2 Pound Broccoli

Knick Knacks

3 Tablespoons Hoisin Sauce

2 Tablespoons Rice Vinegar

2 Teaspoons Sambal Oelek

1 Tablespoon Sesame Oil

1 Tablespoon Sugar

1/3 Cup Cornstarch

Makes: 4 servings

Prep Time: 15 minutes | Cook Time: 30-40 minutes





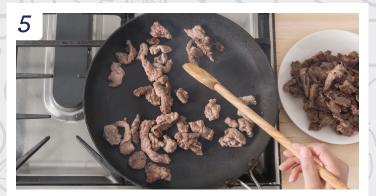
Prepare the ingredients:

Wash and dry the fresh produce. Peel and finely chop the garlic. Using a sturdy knife, cut off and discard the squash ends. Peel the squash, leaving alternating strips of skin intact. Quarter the squash lengthwise; scoop out and discard the pulp and seeds. Thinly slice the squash crosswise. Cut the broccoli into bite-sized florets.



Pickle the squash:

While the rice cooks, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **squash**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until slightly softened. Add the **sugar**, **half the vinegar**, **% cup of water** and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 5 to 7 minutes, or until the liquid has cooked off. Transfer to a bowl; season with salt and pepper to taste.



Cook the beef:

Using your hands, separate the **sliced beef**; pat dry with paper towels. Transfer to a bowl. Season with salt and pepper; toss to coat. Add the **cornstarch**; toss to thoroughly coat. In the same pan, heat 1 tablespoon of olive oil on high until hot. Add half the coated beef in a single layer. Cook, without stirring, 1 to 2 minutes, or until browned on the first side. Continue to cook, stirring constantly, 30 seconds to 1 minute, or until just cooked through. Transfer to a plate, leaving any browned bits (or fond) in the pan. Repeat with the remaining coated beef, leaving it in the pan.



Cook the rice:

In a small pot, heat 2 teaspoons of olive oil on medium-high until hot. Add **half the garlic**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **rice**, **a big pinch of salt** and **1½ cups of water**; heat to boiling on high. Cover; reduce the heat to low. Cook 12 to 14 minutes, or until tender and the water has been absorbed. Remove from heat, then fluff.



Cook the broccoli:

Rinse and wipe out the pan. In the same pan, heat the **sesame oil** on medium-high until hot. Add the **broccoli**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened. Add the **remaining garlic**; cook, stirring occasionally, 30 seconds to 1 minute, or until fragrant. Add ¼ **cup of water** and cook, stirring occasionally, 3 to 5 minutes, or until the water has cooked off and the broccoli is bright green. Transfer to a bowl; season with salt and pepper to taste. Wipe out the pan.



Finish the beef & serve your dish:

Return the first batch of **cooked beef** to the pan with the second batch. Add the **hoisin sauce** and **remaining vinegar** (be careful, as the liquid may splatter). Cook on medium-high, stirring frequently, 30 seconds to 1 minute, or until coated. Add the **cooked broccoli** and **2 tablespoons of water**; cook, stirring frequently, 30 seconds to 1 minute, or until well combined. Remove from heat; season with salt and pepper to taste. Transfer the **cooked rice** and beef to a serving dish; top with some of the **pickled squash**. Serve with the **remaining pickled squash**. Enjoy!