

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 from the addition of delicata squash, a gorgeous, striped variety with a delectably sweet flavor. We're pickling the squash with vinegar, sugar and a bit of red chile sauce to lend it a refreshing, spicy flavor—a wonderful contrast to the hoisin-flavored beef and earthy broccoli. A base of garlic-infused jasmine rice rounds out the dish's bold flavors.

Blue Apron Wine Pairings

Shannon Ridge Zinfandel, 2015

Somerbosch Pinotage, 2014



Ingredients

1½ Pounds Thinly Sliced Beef
¾ Cup Jasmine Rice
3 Cloves Garlic
1 Delicata Squash
½ Pound Broccoli

Knick Knacks

3 Tablespoons Hoisin Sauce
2 Tablespoons Rice Vinegar
2 Teaspoons Sambal Oelek
1 Tablespoon Sesame Oil
1 Tablespoon Sugar
⅓ Cup Cornstarch

Makes: 4 servings

Prep Time: 15 minutes | **Cook Time:** 30–40 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Peel and finely chop the garlic. Using a sharp, sturdy knife, cut off and discard the squash ends; carefully 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.

2



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. 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; fluff with a fork.

3



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**, **¾ 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.

4



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.

5



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, even 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. Leaving any browned bits (or fond) in the pan, transfer to a plate. Repeat with the **remaining coated beef**, leaving it in the pan. Turn off the heat.

6



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 finished beef to a serving dish; top with some of the **pickled squash**. Serve with the **remaining pickled squash** on the side. Enjoy!