

Chinese BBQ Beef Skewers

with Garlic Gai Lan & Jasmine Rice

Beef skewers make for a delicious appetizer, but we like them even better bulked up as an entrée. You'll be marinating the beef in hoisin sauce, a plum sauce with a complex, sweet taste, then serving the finished skewers with a homemade dip of peanut butter and Asian barbecue sauce. Alongside jasmine rice and garlic-infused gai lan (also called Chinese broccoli), these skewers are a fun, tasty way to ring in the Chinese New Year.



Ingredients

- 1 Pound Sliced Flank Steak
- 2 Cups Jasmine Rice
- 3 Cloves Garlic
- 2 Scallions
- $\frac{3}{4}$ Pound Gai Lan
- 16 8-Inch Wooden Skewers

Knick Knacks

- 2 Tablespoons Asian Barbecue Sauce
- 2 Teaspoons Sriracha
- 2 Teaspoons White Sesame Seeds
- 1 2-Inch Piece Ginger
- $\frac{1}{2}$ Cup Creamy Peanut Butter
- $\frac{1}{3}$ Cup Hoisin Sauce

Makes 4 Servings

About 675 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Move an oven rack into the highest position in the oven; place a high-sided sheet pan on the rack. Preheat the oven to 475°F. Wash and dry the fresh produce. Peel and mince the garlic and ginger. Cut off and discard the root ends of the scallions; thinly slice the scallions on an angle, separating the white bottoms and green tops. Remove the very end of the gai lan stems; roughly chop the gai lan leaves and stems.

2



Make & marinate the beef skewers:

Slide **1 piece of the sliced beef** onto each **skewer**; season with salt and pepper. Coat the beef skewers in **half the hoisin sauce**. Let stand for 5 minutes to marinate.

3



Cook the rice:

While the beef marinates, in a medium pot, heat the **rice, a big pinch of salt** and **4 cups of water** to boiling on high. Once boiling, cover and reduce the heat to low. Simmer 11 to 13 minutes, or until the water is absorbed and the rice is tender. Remove from heat and let rest for 5 minutes. Fluff the finished rice with a fork. Transfer to a serving dish.

4



Roast the beef skewers:

While the rice cooks, carefully remove the preheated sheet pan from the oven. Drizzle with oil; add the **marinated beef skewers** in a single layer. Return the sheet pan to the highest oven rack and roast 9 to 11 minutes, or until the beef is cooked to your desired degree of doneness. Remove from the oven and coat in the **remaining hoisin sauce**.

5



Make the peanut-barbecue dip:

While the beef skewers roast, in a medium bowl, combine the **peanut butter, barbecue sauce** and **as much of the sriracha as you'd like**, depending on how spicy you'd like the dish to be. Whisk in **½ cup of water** until well combined. (If the sauce seems too thick, add up to an additional ¼ cup of water to achieve your desired consistency for dipping.) Season with salt and pepper to taste. Transfer to a serving dish.

6



Make the garlic gai lan & serve your dish:

In a medium pot, heat 1 tablespoon of oil on medium until hot. Add the **garlic, white bottoms of the scallions** and **ginger**; cook, stirring frequently, 30 to 45 seconds, or until softened and fragrant. Working in batches if necessary, add the **gai lan** and cook, stirring occasionally, 1 to 2 minutes, or until wilted. Remove from heat and season with salt and pepper to taste. Transfer to a serving dish. Serve the **roasted beef skewers** with the **cooked rice, garlic gai lan** and **peanut-barbecue dip** on the side. Garnish with the **sesame seeds**. Garnish the beef skewers and rice with the **green tops of scallions**. Enjoy!