



## beef & broccoli stir fry

cook time:  
**30**

prep time:  
**15**

featured product:  
**POWERHOUSE  
SPINACH BLEND**

enjoy a favorite takeout meal that's almost as easy to make at home—but with extra healthy nutrients thanks to POWERHOUSE SPINACH BLEND our beef & broccoli dish is a savory mix of tasty asian flavors for a great comfort dinner or make ahead lunch.



### ingredients

- 1 lb thinly sliced beef flank steak
- 1 cup long grain white rice
- 1 clamshell organicgirl **POWERHOUSE SPINACH BLEND**
- 1 head of blanched broccoli florets
- 2 garlic cloves, chopped
- 4 scallions, sliced lengthways
- 1 inch piece of ginger, grated
- 2 tsp EVOO
- 1 1/4 cup low sodium soy sauce
- 2 tbsp ponzu sauce
- 2 tbsp rice vinegar
- optional chili crisp oil for garnish

### directions

1. combine rice with 1 chopped garlic clove and cook according to pack directions
2. while rice is cooking, combine grated ginger, soy sauce and ponzu; set aside
3. in a medium pan over medium high heat, add oil; heat for 1 minute
4. add broccoli, remaining garlic and whites of scallions (reserve greens for garnish); sautee for 1-2 minutes
5. add entire clamshell of organicgirl POWERHOUSE SPINACH BLEND, salt and pepper. cook until greens are wilted, about 4 minutes
6. add vinegar to vegetables; mix 1 minute
7. transfer vegetables to a bowl
8. wipe the pan and add more oil. while oil heats, season beef with salt and pepper.
9. once oil is shiny, add beef in a single layer and cook for 2 minutes. stir for 30 seconds to 1 minute, careful not to overcook
10. add vegetables and soy sauce mixture to pan with meat; stir together, 1 minute
11. serve over garlic rice, garnish with green scallions and chili crisp

**nutrition**

calories per serving- 328  
fat per serving- 17g?  
cholesterol per serving- 75mg?  
sodium per serving- 603mg?  
carbohydrates per serving- 15g?  
total sugar per serving- 1g?  
protein per serving- 28g