

# SWEET AND SPICY STIR-FRY WITH BEEF & BROCCOLI

This stir fry is too good: delicious, colorful, seasonal, and simple! Cook up a dish the whole family will crave with fresh broccoli, carrots, and ground beef in a sweet and spicy sauce in less than 30 minutes! Topped on a bed of nutty brown rice, the meal offers a boost of nutrients, fiber, and a fun burst of flavor to your weekly routine!



## Ingredients

- 1 med or 2 small shallots
- 2 medium carrots
- 1 head broccoli (about 3 cups)
- 1 1/2 pounds ground beef
- 1/4 - 1/2 cup hot sauce (to taste)
- 1 teaspoon sesame oil
- 1/2 cup water

From your pantry:

- 1 1/2 cup brown rice
- 4 garlic cloves
- 1/2 cup honey
- Olive oil
- Salt and pepper

### Equipment:

- Saucepan with lid
- Sheet pan
- Large saute pan

**PREPARATION: 10 MIN**

**COOKING: 30 MIN**

**READY IN: 40 MIN**

**MAKES 6 SERVINGS**

## Directions

*Read through entire recipe before getting started.*

*Wash and dry all produce. Preheat oven to 350 degrees.*

1. **Prepare rice:** fill a large saucepan with water and bring to a boil (as you would for pasta). Rinse rice to remove some starch. Add rice and a pinch of salt and pepper to boiling water. Cook until rice is tender, about 30 minutes, stirring occasionally. Drain excess water and return to pot with lid on to steam for 10 minutes. While rice is cooking, begin broccoli and stir-fry.
2. Dice **shallots and carrots** into 1/2 inch pieces. Mince **garlic**. Break or cut **broccoli** head into bite-size florets.
3. Toss broccoli florets with a drizzle of olive oil. Sprinkle with salt and pepper. Spread out on sheet pan and roast in oven until tender and browning, 15-18 minutes.
4. Meanwhile, in a saute pan over medium-high heat, heat a drizzle of olive oil. Add **shallots and carrots** and saute for 3-5 minutes. Add minced **garlic** and saute 1-2 minutes or until fragrant. Add ground beef and cook, breaking up, until no longer pink and cooked through - about 8-10 minutes.
5. Stir in **hot sauce, honey, sesame oil and 1/2 cup water**. Simmer until combined and slightly thickened, 2-3 minutes. Serve with brown rice and roasted broccoli. Enjoy!

# Tips, Tricks, and Terms

## TWIST WITH TERESE!

" This dish is a twist on one of my favorite quick dinner recipes: Korean Style Rice Bowls made with soy sauce and brown sugar. I really play around with my veggies and toppings to create delicious and interesting variations!

Have a red pepper on hand? Finely dice and saute with the onions and carrots for another boost of nutrients and color. Trying to use up some greens? Add them with the sauce to wilt into the dish. My favorite garnishes are some funky kimchi (spicy pickled cabbage), sliced green onions, and a sprinkle of sesame seeds. Get creative and find your favs! "

- Terese H. from East Side Table

Check out [eastsidetable.org](http://eastsidetable.org) for the original!

## A little about...

**FLORET** : the single flower or tightly grouped clusters of buds in the heads of cauliflower or broccoli.

**SRIRACHA**: a type of hot sauce made from red chili peppers, garlic, vinegar, salt, and sugar. Sriracha is spicy & tangy with a hint of sweetness. It is often used as a condiment with Thai, Vietnamese, and Chinese food throughout the United States.



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