beef & broccoli stir fry



cook time:	prep time:	featured product:
30	**15**	**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?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