

BEEF AND BROCCOLI

SIDE ITEM: White rice

1. Allow your meal to gently thaw in the fridge for 6-8 hours before cooking (if skipping this step, add 15-20 supervised minutes to the cooking time).
2. Line your sheet pan with aluminum foil for easy clean-up.
3. Place meal (in a single layer) on lined cookie sheet. Spread as thinly as possible.
4. Bake at 375 degrees for 45-50 minutes.
5. Serve over white rice and drizzle with soy sauce.

NEEDED FOR SERVE DAY:

- 1.5 cups white rice
- soy sauce for serving

PREP TIME: 45-50 mins **SERVES:** 4-6