GLOBAL · LUNCH · DINNER

Sticky Garlic Beef Mince Bowls with Rice and Broccoli

30 min · Serves 5 · 596 kcal a serve · Video 4:12 · Chef Jack Ovens

No dairy listed

Lean beef mince gives each bowl about 40 g of protein plus plenty of iron, zinc and vitamin B12, and a full head of broccoli adds fibre and vitamin C. Only a little honey goes into the sauce.

Diet notes: Low saturated fat (5.9 g, 9% of the energy); Gluten-free with a swap: Use tamari instead of soy sauce to keep it gluten-free.

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Ingredients 9 · SERVES 5

- [ ] 300 g **jasmine rice**, washed, cooked in 550 ml cold water
- [ ] a pinch of **salt** for the rice, plus salt to taste
- [ ] 1 large head **broccoli**, florets and trimmed stem chopped
- [ ] 100 ml (100 g) **low-sodium soy sauce**
- [ ] 2 tbsp (40 g) **honey**
- [ ] 4 **garlic** cloves, finely grated
- [ ] **ground white pepper**, to taste
- [ ] 1 tbsp (20 ml) **peanut oil**
- [ ] 800 g **lean beef mince** (5% fat)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Peanut, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the washed rice in a saucepan with 550 ml cold water and a pinch of salt. Bring to the boil, cover, turn to low and cook 12 minutes, then rest off the heat with the lid on for 4 minutes and fluff. 0:14
2. Cut the broccoli into even florets and chop the stem. Steam in a covered basket over boiling water for 5–6 minutes. 0:34
3. Whisk the soy sauce, honey, grated garlic and a little white pepper together. 1:46
4. Heat a large pan or wok over high heat until lightly smoking. Add the oil and beef, leave it a minute, then break it up, season lightly and cook 6–7 minutes until no longer pink and all the liquid has cooked off. 2:24
5. Pour in the sauce and cook 1–2 minutes until it turns into a glaze, then toss through the steamed broccoli. 3:02
6. Divide the rice and sticky beef between five containers. 3:30

> **Tip** Keeps 4 days in the fridge or 3 months in the freezer. Use the leanest mince you can find so the sauce glazes rather than going greasy. He suggests spray oil instead of peanut oil to cut calories.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
596 kcal	41 g	65 g	3.3 g	19 g	1,600 mg
2,490 kJ	81% of a day	62 g net · 8.4 g sugars	12% of a day	5.9 g saturated	70% of a day
		24% of a day		24% of a day	

Energy from net carbs 43% · protein 28% · fat 29%

High in (20%+ of a day) Vitamin B12 130% · Vitamin C 90% · Zinc 81% · Vitamin K 80% · Selenium 77% · Vitamin B6 47% · Iron 25% · Omega-3 25%

Source of (10–19%) Magnesium 19% · Folate 19% · Potassium 18% · Vitamin E 11%

⚠ One serve has about 70% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Chef Jack Ovens (@ChefJackOvens) on YouTube — youtube.com/watch?v=qpUOiG7o_Z0, published 9 August 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sticky-garlic-beef-broccoli-meal-prep