



Bengali Beef Brisket & Veggie Curry

with Buttery Rice & Greek Yoghurt

READY TO COOK

Grab your Meal Kit
with this symbol



Baby Broccoli



Slow-Cooked
Beef Brisket



Trimmed Green
Beans



Bengal Curry
Paste



Coconut Milk



Microwavable Basmati
Rice



Greek-Style
Yoghurt

Prep in: 10-20 mins
Ready in: 45-55 mins

Eat Me Early

This slow-cooked beef brisket is coated in only the best and most flavourful Bengal curry paste. As the curry gets to cooking in the oven, all you'll have to worry about is heating up the microwavable rice. It is just that easy (and tasty!).

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby broccoli	1 bunch	2 bunches
slow-cooked beef brisket	1 small packet	2 small packets OR 1 large packet
trimmed green beans	1 medium bag	1 large bag
Bengal curry paste	1 packet	2 packets
coconut milk	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
water*	2 tbs	¼ cup
microwavable basmati rice	1 packet	2 packets
butter*	20g	40g
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3461kJ (827Cal)	575kJ (137Cal)
Protein (g)	40.5g	6.7g
Fat, total (g)	46.7g	7.8g
- saturated (g)	28.5g	4.7g
Carbohydrate (g)	61g	10.1g
- sugars (g)	11.7g	1.9g
Sodium (mg)	1245mg	207mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



2



3



Start the curry

- Preheat oven to **220°C/200°C fan-forced**.
- Trim and roughly chop **baby broccoli**.
- To a baking dish, add **slow-cooked beef brisket**, **baby broccoli** and **trimmed green beans**.
- Cover with foil and roast until veggies are slightly tender, **15 minutes**.

Finish the curry & heat the rice

- Remove foil from baking dish and add **Bengal curry paste**, **coconut milk**, the **brown sugar** and the **water**. Gently stir to combine.
- Bake uncovered for a further **10-12 minutes**, until veggies are tender and sauce has thickened slightly.
- When curry has **5 minutes** remaining, microwave **rice** until steaming, **2-3 minutes**. Stir through the **butter**.

Serve up

- Divide Bengali beef brisket and veggie curry and buttery rice between bowls.
- Serve with a dollop of **Greek-style yoghurt**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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