

READY TO COOK









Baby Broccoli

Beef Brisket



Trimmed Green Beans

Bengal Curry Paste

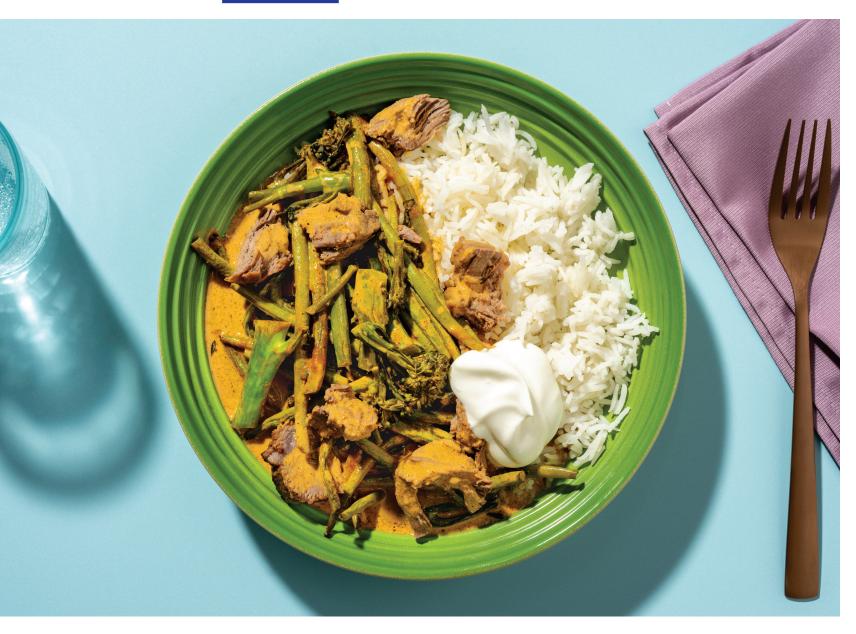


Coconut Milk

Microwavable Basmati



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!).



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	1/4 cup
microwavable basmati rice	1 packet	2 packets
butter*	20g	40g
Greek-style yoghurt	1 medium packet	1 large packet

## **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.



#### 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!

