



Katsu Beef Brisket & Roast Veggie Curry

with Buttery Rice

READY TO COOK

KID FRIENDLY

Grab your Meal Kit with this symbol



Slow-Cooked Beef Brisket



Pre-Chopped Onion



Katsu Paste



Chicken-Style Stock Powder



Coconut Milk



Green Veg Mix



Microwavable Basmati Rice

Prep in: 10-20 mins
Ready in: 40-50 mins

Our slow-cooked beef brisket is best served hot and on a pile of buttery rice. With our katsu paste laced throughout and paired with a tasty green veg mix, you'll have your greens, meat and carbs in the one meal and whipped up in 3 easy steps.

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 or large baking dish · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked beef brisket	1 small packet	2 small packets OR 1 large packet
pre-chopped onion	1 medium packet	1 large packet
katsu paste	1 medium packet	2 medium packets
brown sugar*	½ tbs	1 tbs
chicken-style stock powder	1 medium sachet	1 large sachet
coconut milk	1 packet	2 packets
green veg mix microwavable	1 medium packet	1 large packet
basmati rice	1 packet	2 packets
butter*	20g	40g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3377kJ (807Cal)	542kJ (130Cal)
Protein (g)	40g	6.4g
Fat, total (g)	45.2g	7.3g
- saturated (g)	27.5g	4.4g
Carbohydrate (g)	58.9g	9.5g
- sugars (g)	4.1g	0.7g
Sodium (mg)	1612mg	259mg

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



Roast the beef brisket

- Preheat oven to **240°C/220°C fan-forced**.
- Place **slow-cooked beef brisket** (including packet juices!), **pre-chopped onion** and a drizzle of **olive oil** in a baking dish. Cover with foil. Roast for **22 minutes**.
- Remove **brisket** from oven and uncover. Stir in **katsu paste**, the **brown sugar**, **chicken-style stock powder** and **coconut milk**, turning **brisket** to coat.
- Roast, uncovered, until browned and heated through, **8-10 minutes**.

Roast the veggies

- Meanwhile, place **green veg mix** on a lined oven tray. Drizzle with **olive oil** and season with a pinch of **salt** and **pepper**.
- Roast until tender, **15-20 minutes**.

Heat the rice & serve

- When the veggies have **5 minutes** remaining, microwave **basmati rice** until steaming, **2-3 minutes**.
- Stir the **butter** through, until combined.
- Shred roast brisket directly in baking dish using two forks. To baking dish, add roasted veggies, stirring to combine.
- Divide buttery rice between bowls. Top with katsu beef brisket and veggie curry to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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