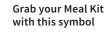


Katsu Beef Brisket & Roast Veggie Curry

with Buttery Rice

READY TO COOK

KID FRIENDLY









Beef Brisket





Katsu Paste





Chicken-Style Stock Powder





Green Veg

Microwavable Basmati Rice



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

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 \cdot Oven tray lined with baking paper

Ingredients

9		
	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	1 medium packet	1 large packet
microwavable 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.



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!



Scan here if you have any questions or concerns



