



# Coconut Jerk Beef Brisket & Corn Rice

with Cucumber-Tomato Salsa

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Slow-Cooked Beef Brisket



Sweetcorn



Garlic Paste



Basmati Rice



Cucumber



Tomato



Mild Caribbean Jerk Seasoning



Coconut Milk



Coriander



Slow-Cooked Beef Brisket

Prep in: 5-15 mins  
Ready in: 30-40 mins

New recipe alert! This easy 4 stepper is loaded with a lot of goodness and flavour packed into every inch of it. Shredded slow-cooked beef brisket is the perfect protein for soaking up the corn rice and don't forget the salsa to freshen things up!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, White Wine Vinegar

## 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 · Medium saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
slow-cooked beef brisket	1 small packet	2 small packets OR 1 large packet
<b>butter*</b>	20g	40g
sweetcorn	1 small tin	1 large tin
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
<b>water*</b>	1½ cups	3 cups
cucumber	1	2
tomato	1	2
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
coconut milk	1 packet	2 packets
<b>white wine vinegar*</b>	drizzle	drizzle
coriander	1 bag	1 bag
slow-cooked beef brisket**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3561kJ (851Cal)	666kJ (159Cal)
Protein (g)	37.3g	7g
Fat, total (g)	43g	8g
- saturated (g)	27.1g	5.1g
Carbohydrate (g)	76.2g	14.2g
- sugars (g)	9.3g	1.7g
Sodium (mg)	1459mg	273mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4657kJ (1113Cal)	680kJ (163Cal)
Protein (g)	64.8g	9.5g
Fat, total (g)	59.4g	8.7g
- saturated (g)	33.9g	5g
Carbohydrate (g)	77.7g	11.3g
- sugars (g)	9.6g	1.4g
Sodium (mg)	1954mg	285mg

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

## We're here to help!

Scan here if you have any questions or concerns



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## Roast the brisket

- Preheat oven to **240°C/220°C fan-forced**.
- In a medium baking dish, place **slow-cooked beef brisket** (discarding liquid from packaging).
- Cover with foil and roast for **15 minutes**.

**Custom Recipe:** If you've doubled your slow-cooked beef brisket, cook brisket in a second baking dish if your dish is crowded.

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## Prep the salsa and flavour the brisket

- When rice has **10 minutes** remaining, thinly slice **cucumber** into half-moons. Roughly chop **tomato**.
- When brisket is done, remove from oven.
- Uncover, sprinkle with **mild Caribbean jerk seasoning** and stir in **coconut milk** and remaining **garlic paste**, gently turning **beef** to coat.
- Roast, uncovered, until browned and heated through, **8-10 minutes**.

**Custom Recipe:** Flavour the brisket as above and continue roasting, until browned and heated through, 8-10 minutes.

2



## Cook the corn rice

- Meanwhile, in a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Drain **sweetcorn**.
- Cook **corn** and half the **garlic paste** until fragrant, **1-2 minutes**. Add **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!

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## Serve up

- Meanwhile, in a medium bowl, combine cucumber, tomato and a drizzle of **white wine vinegar** and olive oil. Season.
- Shred brisket in baking dish using 2 forks.
- Divide corn rice between bowls. Top with coconut jerk beef brisket and cucumber-tomato salsa.
- Tear over **coriander** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)