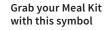


Asian Sticky Soy Beef Brisket Rice Bowl with Garlic Veggies & Sesame Seeds

KID FRIENDLY

DIETITIAN APPROVED*











Carrot





Slow-Cooked



Sweet Black

Sweetcorn



Garlic Paste



Sesame Seeds



Slow-Cooked Beef Brisket



Prep in: 15-25 mins Ready in: 30-40 mins

*Custom recipe is not Dietitian Approved

This slow-cooked beef brisket is coated in only the best and most flavourful sweet black bean sauce. Pile your bowl high with fragrant jasmine rice and some bright veg and you've got a bountiful bowl, ready to devour.

Pantry items Olive Oil, Brown Sugar

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 saucepan with a lid · Large frying pan

Ingredients

| ingi calcino | | | | |
|-------------------------------|-----------------|---------------------------------------|--|--|
| | 2 People | 4 People | | |
| olive oil* | refer to method | refer to method | | |
| water* (for the rice) | 1¼ cups | 2½ cups | | |
| jasmine rice | 1 medium packet | 1 large packet | | |
| Asian greens | 1 medium packet | 2 medium packets | | |
| carrot | 1 | 2 | | |
| sweetcorn | 1 medium tin | 1 large tin | | |
| slow-cooked beef brisket | 1 medium packet | 2 medium packets OR 1 large packet | | |
| sweet black bean sauce | 1 medium packet | 2 medium packets | | |
| water* (for the sauce) | 1/4 cup | ½ cup | | |
| brown sugar* | 1 tsp | 2 tsp | | |
| garlic paste | 1 medium packet | 2 medium packets | | |
| sesame seeds | 1 medium sachet | 1 large sachet | | |
| slow-cooked beef brisket** | 1 medium packet | 2 medium packets OR 1 large packet | | |
| brishee | | on I tai ge packet | | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2906kJ (695Cal) | 635kJ (152Cal) |
| Protein (g) | 37.6g | 8.2g |
| Fat, total (g) | 22.8g | 5g |
| - saturated (g) | 8.2g | 1.8g |
| Carbohydrate (g) | 81.2g | 17.7g |
| - sugars (g) | 14g | 3.1g |
| Sodium (mg) | 959mg | 210mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 4002kJ (957Cal) | 659kJ (158Cal) |
| Protein (g) | 65.1g | 10.7g |
| Fat, total (g) | 39.1g | 6.4g |
| - saturated (g) | 15g | 2.5g |
| Carbohydrate (g) | 82.7g | 13.6g |
| - sugars (g) | 14.3g | 2.4g |
| Sodium (mg) | 1454mg | 239mg |

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.

We're here to help!





Cook the rice

- Add the water (for the rice) to a medium saucepan and bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove the pan from heat and keep covered until rice is tender and all the water is absorbed, 12 minutes.

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



Cook the veggies & beef

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook carrot and corn, stirring, until tender and slightly charred, 4-5 minutes.
- Add Asian greens and the remaining garlic paste and cook until slightly wilted and fragrant, 1-2 minutes. Transfer to serving bowls, season and cover to keep warm.
- Return frying pan to high heat. Cook shredded beef (no need for oil), stirring, until heated through and liquid has evaporated, 4-5 minutes.
- · Reduce heat to medium. Stir in sweet black bean mixture and cook until bubbling and slightly reduced, 1 minute.



Get prepped

- Meanwhile, roughly chop Asian greens.
- Thinly slice carrot into sticks.
- Drain sweetcorn.
- Transfer slow-cooked beef brisket including the liquid to a large bowl and shred with 2 forks.
- In a small bowl, combine sweet black bean sauce, the water (for the sauce), brown sugar and half the garlic paste.

Custom Recipe: If you've doubled your slow-cooked beef brisket, shred beef in an extra large bowl.



Serve up

- Divide rice between bowls with garlic veggies.
- Top with Asian sticky soy beef brisket.
- Sprinkle with **sesame seeds** to serve. Enjoy!



