



Asian Sticky Soy Beef Brisket Rice Bowl

with Garlic Veggies & Sesame Seeds

NEW KID FRIENDLY DIETITIAN APPROVED*



Grab your Meal Kit with this symbol



Jasmine Rice



Asian Greens



Carrot



Sweetcorn



Slow-Cooked Beef Brisket



Sweet Black Bean Sauce



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.

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

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

	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)	¼ 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

*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!

Scan here if you have any questions or concerns



1



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!

3



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**.

2



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.

4



Serve up

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

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate