



Coconut Jerk Beef Brisket & Garlic Rice

with Cucumber-Tomato Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Slow-Cooked Beef Brisket



Garlic Paste



Basmati Rice



Cucumber



Tomato



Mild Caribbean Jerk Seasoning



Coconut Milk



Baby Spinach Leaves



Coriander



Slow-Cooked Beef Brisket

Recipe Update

We've replaced the sweetcorn in this recipe with baby spinach leaves due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 5-10 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 to accompany the garlic rice and don't forget the salad 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 lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked beef brisket	1 medium packet	2 medium packets OR 1 large packet
butter*	20g	40g
garlic paste	1 medium packet	2 medium packets
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
cucumber	1	2
tomato	1	2
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
baby spinach leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
coriander	1 packet	1 packet
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)	3701kJ (885Cal)	692kJ (165Cal)
Protein (g)	40.3g	7.5g
Fat, total (g)	45g	8.4g
- saturated (g)	28g	5.2g
Carbohydrate (g)	76.9g	14.4g
- sugars (g)	9.6g	1.8g
Sodium (mg)	1436mg	269mg
Dietary Fibre (g)	12.1g	2.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4980kJ (1190Cal)	702kJ (168Cal)
Protein (g)	72.3g	10.2g
Fat, total (g)	64.1g	9g
- saturated (g)	35.8g	5g
Carbohydrate (g)	78.6g	11.1g
- sugars (g)	10g	1.4g
Sodium (mg)	2013mg	284mg
Dietary Fibre	13.9g	2g

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



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.

3



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**.

2



Cook the garlic rice

- Meanwhile, in a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook 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!

4



Serve up

- Meanwhile, in a medium bowl, combine cucumber, tomato, **baby spinach leaves** and a drizzle of **white wine vinegar** and olive oil. Season.
- Shred brisket in baking dish using 2 forks.
- Divide garlic 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