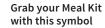


Coconut Jerk Beef Brisket & Garlic Rice

with Cucumber-Tomato Salad

KID FRIENDLY









Beef Brisket





Basmati Rice Cucumber





Tomato

Mild Caribbean Jerk Seasoning





Coconut Milk

Baby Spinach





Coriander

Slow-Cooke Beef Brisket



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!



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 \cdot Medium saucepan with lid \cdot 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 Posino		

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





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.



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.



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!



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