



Coconut Jerk Beef Brisket & Corn Rice

with Cherry Tomato Salad

KID FRIENDLY

Grab your meal kit with this number

11



Slow-Cooked Beef Brisket



Sweetcorn



Garlic Paste



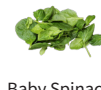
Basmati Rice



Mild Caribbean Jerk Seasoning



Coconut Milk



Baby Spinach Leaves



Snacking Tomatoes



Coriander



Slow-Cooked Beef Brisket



Salmon

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

This easy 4 stepper is loaded with a lot of goodness and there's flavour packed into every inch. 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!

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
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
sweetcorn	1 medium tin	1 large tin
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
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
snacking tomatoes	1 medium packet	2 medium packets
white wine vinegar*	drizzle	drizzle
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3724kJ (890Cal)	716kJ (171Cal)
Protein (g)	40.5g	7.8g
Fat, total (g)	45.9g	8.8g
- saturated (g)	28.8g	5.5g
Carbohydrate (g)	76g	14.6g
- sugars (g)	7.1g	1.4g
Sodium (mg)	1448mg	279mg
Dietary Fibre (g)	12.9g	2.5g

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



Start 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**.

3



Finish the brisket & make salad

- 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**.
- Meanwhile, roughly chop **baby spinach leaves**. Halve **snacking tomatoes**.
- In a medium bowl, combine **spinach, tomatoes** and a drizzle of **white wine vinegar** and olive oil. Season.

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**.

4



Serve up

- Shred brisket in baking dish using two forks.
- Divide corn rice between bowls. Top with coconut jerk beef brisket and cherry tomato salad.
- Tear over **coriander** to serve. Enjoy!

CUSTOM OPTIONS



DOUBLE BEEF BRISKET

Follow method above.



SWAP TO SALMON

In a large frying pan, cook with a drizzle of olive oil, skin-side down first, until just cooked through, 2-4 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

