



Beef Brisket in Black Bean Sauce & Garlic Veggies

with Steamed Rice & Crispy Shallots

KID FRIENDLY

Grab your meal kit with this number

11



White Rice



Asian Greens



Red Onion



Carrot



Sweetcorn



Slow-Cooked Beef Brisket



Sweet Black Bean Sauce



Garlic Paste



Crispy Shallots



Slow-Cooked Beef Brisket



Trimmed Green Beans

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

This slow-cooked beef brisket is coated in only the best and most flavourful sweet black bean sauce. Pile your bowl high with fragrant 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 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 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
white rice	1 medium packet	1 large packet
Asian greens	1 packet	2 packets
red onion	½	1
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 packet	2 packets
water* (for the sauce)	¼ cup	½ cup
brown sugar*	1 tsp	2 tsp
garlic paste	1 packet	2 packets
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3123kJ (746Cal)	544kJ (130Cal)
Protein (g)	41.3g	7.2g
Fat, total (g)	25.6g	4.5g
- saturated (g)	10.6g	1.8g
Carbohydrate (g)	92.4g	16.1g
- sugars (g)	21.6g	3.8g
Sodium (mg)	1017mg	177mg
Dietary Fibre (g)	25.2g	4.4g

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.
- Rinse and drain **white rice**.
- Add **white rice** to pan, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove the pan from heat and keep covered until rice is tender and all the water is absorbed, **10 minutes**.

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

3



Cook the veggies and the beef brisket

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

CUSTOM OPTIONS



DOUBLE BEEF BRISKET

Follow method above, cooking in batches if necessary.



ADD TRIMMED GREEN BEANS

Cook with veggies until tender, 4-5 minutes.

2



Get prepped

- Meanwhile, roughly chop **Asian greens** and **red onion** (see ingredients).
- Thinly slice **carrot** into sticks.
- Drain **sweetcorn**.
- Transfer **slow-cooked beef brisket** including the liquid to a 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**.

4



Serve up

- Divide rice between bowls.
- Top with garlic veggies and beef brisket in black bean sauce.
- Sprinkle with **crispy shallots** to serve. Enjoy!

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

