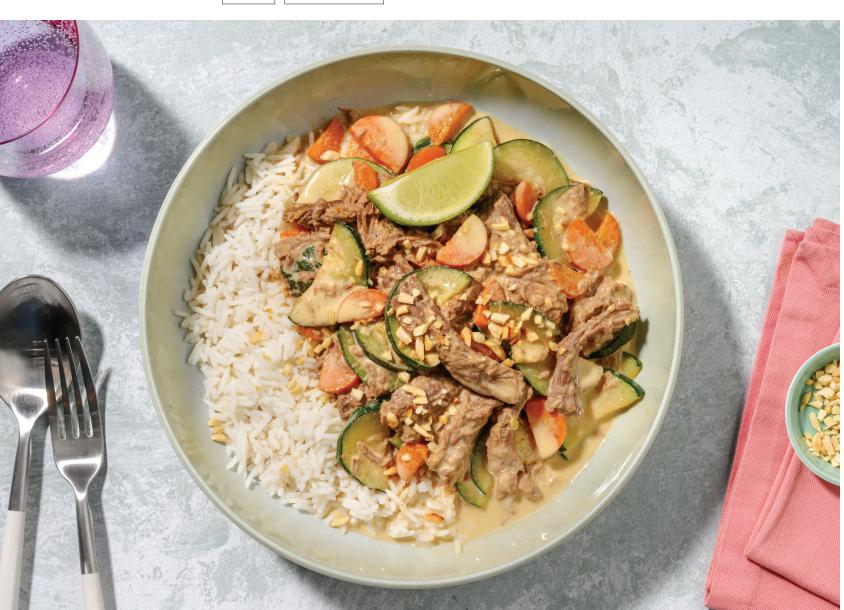


# Malaysian Satay Beef Brisket Curry with Rice & Crushed Peanuts

NEW

KID FRIENDLY



Grab your meal kit with this number











Zucchini







Slow-Cooked Beef Brisket

Satay Seasoning





Coconut Milk

Soy Sauce





**Baby Spinach** Leaves

Crushed Peanuts







#### 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)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
carrot	1	2
zucchini	1	2
lime	1/2	1
slow-cooked beef brisket	1 medium packet	2 medium packets OR 1 large packet
satay seasoning	1 sachet	2 sachets
coconut milk	1 packet	2 packets
soy sauce mix	1 packet	2 packets
water* (for the curry)	1/4 cup	½ cup
baby spinach leaves	1 small packet	1 medium packet
crushed peanuts	1 medium packet	1 large packet
* Dantry Itoms		

# **Nutrition**

Avg Qty	Per Serving	Per 100g	
Energy (kJ)	3835kJ (916Cal)	622kJ (148Cal)	
Protein (g)	45.8g	7.4g	
Fat, total (g)	46.1g	7.5g	
- saturated (g)	24.7g	4g	
Carbohydrate (g)	75.6g	12.3g	
- sugars (g)	10.5g	1.7g	
Sodium (mg)	1625mg	263mg	
Dietary Fibre (g)	16.6g	2.7g	

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.



#### Cook the rice

- To a medium saucepan, add the water (for the rice) and bring to the boil.
- Add basmati rice, stir, cover with a lid and reduce heat to low.
- Cook for 10 minutes, then remove pan from heat and keep covered until rice is tender and water is absorbed, 10 minutes.

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



## Make the beef curru

- Return frying pan to high heat and cook shredded beef (no need for oil), stirring, until heated through and liquid has evaporated, 4-5 minutes.
- · Reduce heat to medium then add satay seasoning and cook until fragrant,
- Stir in coconut milk, soy sauce mix and the water (for the curry) and simmer until slightly thickened, 2-3 minutes.
- Remove pan from heat and add cooked veggies, baby spinach leaves and a squeeze of lime juice, stirring to combine. Season to taste with salt and pepper.



# Get prepped and cook the veggies

- Meanwhile, thinly slice carrot and zucchini into half-moons.
- · Slice lime into wedges.
- Transfer slow-cooked beef brisket including the liquid to a bowl and shred with 2 forks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot** and zucchini, tossing, until tender, 4-5 minutes. Transfer to a bowl.



# Serve up

- · Divide rice between bowls.
- Top with Malaysian satay beef brisket.
- Sprinkle over **crushed peanuts** and serve with any remaining lime wedges. Enjoy!





**DOUBLE SLOW-COOKED BEEF BRISKET** Follow method above, cooking in batches



through, 4-6 minutes.

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

