



Malaysian Satay Beef Brisket Curry

with Rice & Crushed Peanuts

NEW

KID FRIENDLY

Grab your meal kit with this number

11



Basmati Rice



Carrot



Zucchini



Lime



Slow-Cooked Beef Brisket



Satay Seasoning



Coconut Milk



Soy Sauce Mix



Baby Spinach Leaves



Crushed Peanuts



Slow-Cooked Beef Brisket



Chicken Thigh

Prep in: 15-25 mins
Ready in: 25-35 mins

Smokey beef brisket that's already been slow-cooked to tender perfection should always be served paired with a rich satay curry and accompanied by a bed of fluffy rice. Together this union of flavours will blow your taste buds away.

Pantry items

Olive Oil

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	½	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)	¼ cup	½ cup
baby spinach leaves	1 small packet	1 medium packet
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

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.

1



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!

3



Make the beef curry

- 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, **1 minute**.
- 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**.

CUSTOM OPTIONS



DOUBLE SLOW-COOKED BEEF BRISKET

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN THIGH

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

2



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.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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

