



Coconut Jerk Beef Brisket & Corn Rice with Tomato Salad

KID FRIENDLY

Grab your meal kit
with this number

11



Slow-Cooked
Beef Brisket



Garlic



White Rice



Sweetcorn



Mild Caribbean
Jerk Seasoning



Coconut Milk



Baby Spinach
Leaves



Tomato



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
garlic	2 cloves	4 cloves
white rice	1 medium packet	1 large packet
sweetcorn	1 medium tin	1 large tin
butter*	20g	40g
water*	1¼ cups	2½ cups
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
coconut milk	1 packet	2 packets
baby spinach leaves	1 small packet	1 medium packet
tomato	1	2
white wine vinegar*	drizzle	drizzle
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3774kJ (902cal)	678kJ (122cal)
Protein (g)	41.1g	7.4g
Fat, total (g)	46.4g	8.3g
- saturated (g)	29.5g	5.3g
Carbohydrate (g)	78.7g	14.1g
- sugars (g)	7.5g	1.3g
Sodium (mg)	1512mg	271.5mg
Dietary Fibre (g)	6.9g	1.2g

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

2025 | CW05



1



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**.

3



Get prepped & flavour the brisket

- When brisket is done, remove from oven. Uncover, sprinkle with **mild Caribbean jerk seasoning** and stir in **coconut milk** and remaining **garlic**, gently turning **beef** to coat. Roast, uncovered, until browned and heated through, **8-10 minutes**.
- Meanwhile, roughly chop **baby spinach leaves** and **tomato**.
- In a medium bowl, combine **spinach**, **tomato** and a drizzle of the **white wine vinegar** and **olive oil**. Season to taste.

Little cooks: Help toss the salad!

CUSTOM OPTIONS



DOUBLE SLOW-COOKED BEEF BRISKET
Place in a second baking dish and follow method above.



SWAP TO SALMON
Cook over high heat 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.



2



Cook the corn rice

- Meanwhile, finely chop **garlic**. Rinse and drain **white rice**. Drain **sweetcorn**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **corn** and half the **garlic paste** until fragrant, **1-2 minutes**.
- Add **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** (the rice will finish cooking in its own steam!).

4



Finish & serve

- Shred brisket in baking dish using 2 forks.
- Divide corn rice between bowls.
- Top with **coconut jerk beef brisket** and tomato salad.
- Tear over **coriander** to serve. Enjoy!

Little cooks: Add the finishing touch by tearing over the garnish!