



(02) 8188 8722 | HelloFresh.com.au

WK32  
2016

## Brazilian Beef Skewers

These tasty Brazilian beef skewers are inspired by arguably the country's most famous dish, Feijoada. Black beans with rice is an authentic Brazilian combination, and it's the perfect backdrop for these lovely, citrus infused kebabs. Bon appetite!



**Prep:** 20 mins

**Cook:** 15 mins

**Total:** 35 mins



level 2



gluten free



spicy

### Pantry Items



Skewers



Water



Butter



Olive Oil



Basmati Rice



Coriander



Black Beans



Beef Rump



Red Onion



Zucchini



Lemon



Garlic



Long Red Chilli

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
4	8	bamboo or metal skewers *
¾ cup	1 ½ cups	basmati rice, rinsed well
3 cups	6 cups	water *
1 bunch	2 bunches	coriander, finely chopped
1 tsp	2 tsp	butter *
½ tin	1 tin	black beans, drained & rinsed (recommended amount)
1 steak	2 steaks	beef rump, diced into 2 cm chunks
½	1	red onion, cut into wedges
1	2	zucchini, cut into 1 cm discs
2 tbs	4 tbs	olive oil *
½	1	lemon, juiced
1 clove	2 cloves	garlic, peeled & crushed
1	2	long red chilli, finely sliced

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	3020	Kj
Protein	46.6	g
Fat, total	24	g
-saturated	6.1	g
Carbohydrate	81.7	g
-sugars	6	g
Sodium	506	mg

2a



**You will need:** sieve, chef's knife, chopping board, garlic crusher, bamboo or metal skewers, medium saucepan, large shallow baking dish and a medium bowl.

**1** If you're using **bamboo skewers** soak them for **30 minutes** prior to cooking. Preheat the grill to medium-high heat.

**2** Place the **basmati rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **8-10 minutes**, or until the basmati rice is soft. Drain. Stir half of the **coriander** and the **butter** through the hot basmati rice. Season with **salt** and **pepper**. Stir through the **black beans**.

**3** Meanwhile, alternately thread the **beef rump**, **red onion** and **zucchini** on to the skewers. In a large, shallow baking dish combine half of the **olive oil**, half of the **lemon juice** and the **garlic**. Season with salt and pepper. Add the beef skewers and coat well in the marinade. Set aside while you prepare the salsa.

**4** In a medium bowl toss the **long red chilli**, remaining coriander, remaining olive oil and remaining lemon juice. Season well with salt and pepper.

**5** Place the skewers under the grill and cook for **6-7 minutes**, then turn and cook for a further **6 minutes**, or until cooked medium rare.

**6** To serve, divide the rice and skewers between plates. Top with the chilli salsa.

**Did you know?** Brazil is the largest country in both South America and Latin America.

2b



3a



3b

