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Brazilian Beef Skewers with a Warm Rice Salad

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: 20 mins

Total: 40 mins



level 1



gluten free



nut free

Pantry Items



Skewers



Water



Butter



Olive Oil



Basmati Rice



Cherry Tomatoes



Coriander



Beef Rump



Zucchini



Red Onion



Cumin



Garlic



Orange

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QTY	Ingredients
10	bamboo or metal skewers *
2 packets	basmati rice, rinsed well
6 cups	water *
1 punnet	cherry tomatoes, halved
3 tsp	butter *
1 bunch	coriander, leaves picked
2 steaks	premium beef rump, chopped into 2 cm chunks
2	zucchini, sliced into 1 cm thick rounds
1	red onion, sliced into 5 mm wedges
2 tsp	ground cumin (recommended amount)
2 cloves	garlic, peeled & crushed
1 tbs	olive oil *
1	orange, juiced

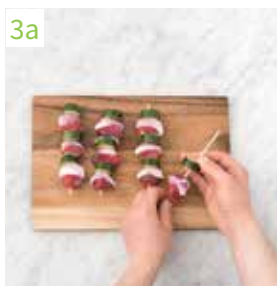
⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2440	Kj
Protein	41.2	g
Fat, total	14.2	g
-saturated	5.2	g
Carbohydrate	69.6	g
-sugars	9.4	g
Sodium	114	mg



You will need: sieve, chef's knife, chopping board, garlic crusher, juicer, medium saucepan, large shallow baking dish and tongs.

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. Return the basmati rice to the saucepan and stir the **cherry tomatoes**, **butter** and half of the **coriander** through the hot basmati rice. Season with **salt** and **pepper**.

3 Meanwhile, alternately thread the **premium beef rump** chunks, **zucchini** slices and **red onion** wedges on to the skewers. In a large, shallow baking dish combine the ground **cumin**, **garlic**, **olive oil** and **orange juice**. Season with salt and pepper. Add the beef skewers and coat well in the marinade.

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

5 To serve, divide the basmati rice and skewers between plates. Top with the remaining coriander.

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