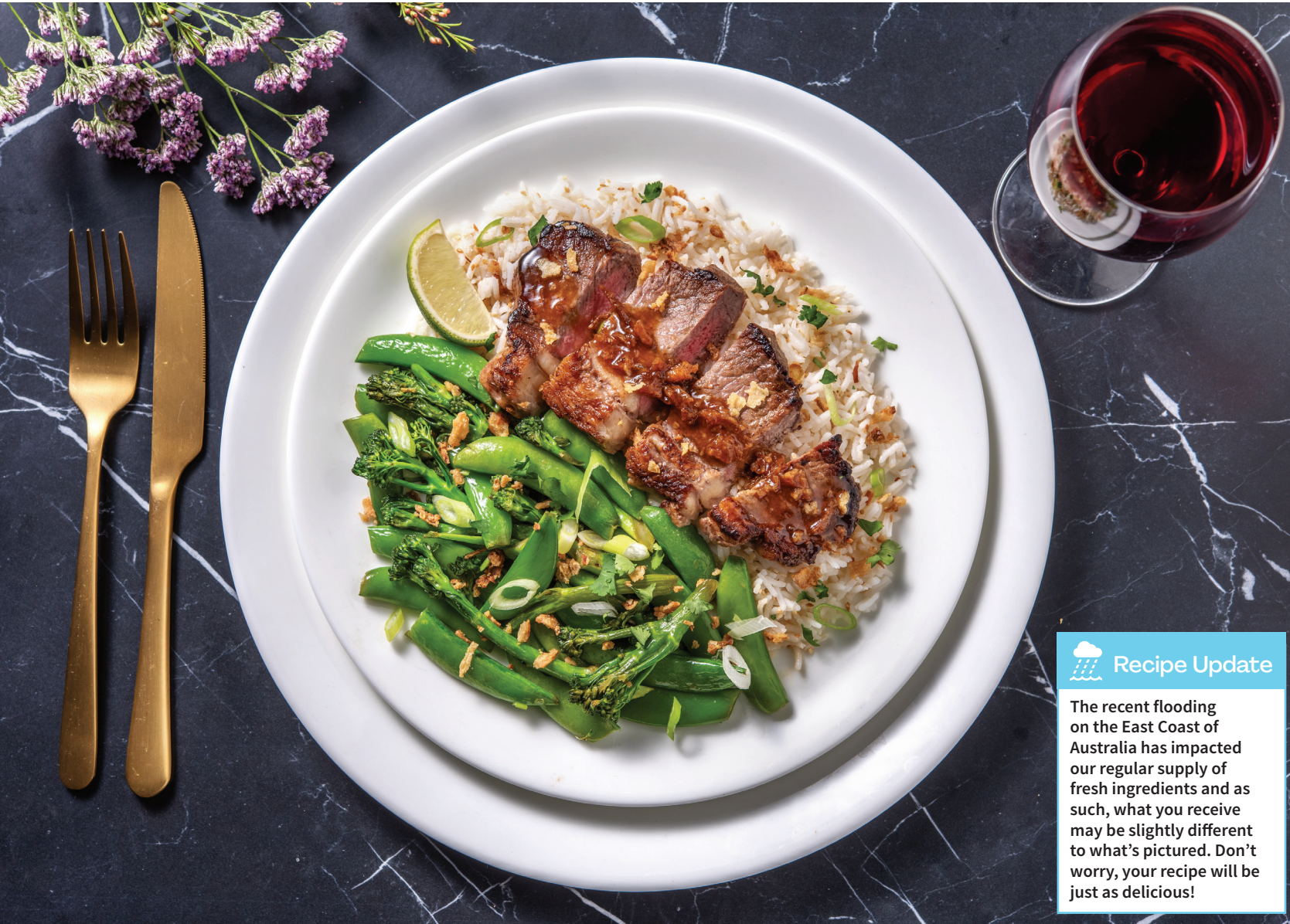




Teriyaki Beef Brisket

with Ginger Greens & Sesame Rice

Grab your Meal Kit with this symbol



Lime



Slow-Cooked Beef Brisket



Teriyaki Sauce



Jasmine Rice



Baby Broccoli



Sugar Snap Peas



Garlic



Spring Onion



Coriander



Ginger Paste



Sesame Seeds



Sesame Oil Blend



Crispy Shallots

Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 25-35 mins
Ready in: 30-40 mins

In this elegant, Japanese-inspired dish, the sweet and slightly citrusy teriyaki sauce works beautifully with the tender beef brisket, while the greens add zing and crunch. The fragrant and fluffy jasmine rice soaks up the sauce like a treat, while the fresh herb garnish adds an extra pop of colour and hit of citrus.

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium or large baking dish · Medium saucepan with a lid
· Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lime	½	1
slow-cooked beef brisket	1 small packet	1 large packet
water* (for the beef)	¼	¼ cup
teriyaki sauce	½ packet	1 packet
brown sugar*	1 tsp	2 tsp
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
baby broccoli	1 bunch	2 bunches
sugar snap peas	1 medium bag	1 large bag
garlic	2 cloves	4 cloves
spring onion	1 stem	2 stem
coriander	1 bag	1 bag
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
water* (for the sauce)	1 tbs	2 tbs
sesame seeds	1 medium packet	1 large packet
sesame oil blend	½ packet	1 packet
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2749kJ (657Cal)	593kJ (142Cal)
Protein (g)	43.4g	9.4g
Fat, total (g)	18g	3.9g
- saturated (g)	4.5g	1g
Carbohydrate (g)	83.1g	17.9g
- sugars (g)	14.1g	3g
Sodium (mg)	796mg	172mg

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.

Fancy a drop?

We recommend pairing this meal with Shiraz or Zinfandel.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2022 | CW14



1 Cook the beef

Preheat oven to **240°C/220°C fan-forced**. Slice **lime** into wedges. Place **slow-cooked beef brisket** in a baking dish. Pour **liquid** from the brisket packaging and the **water (for the beef)** over the beef. Cover with foil, then roast for **22 minutes**. Remove **beef** from oven. Uncover, then add **teriyaki sauce** (see ingredients), the **brown sugar** and a good squeeze of **lime juice**. Turn beef over, then return to the oven to roast, uncovered, until browned and heated through, **8-10 minutes**.



4 Cook the greens

Return frying pan to medium-high heat. Cook **baby broccoli** and a dash of **water**, tossing, until slightly softened, **4-5 minutes**. Add **snap peas** and cook until softened, **1-2 minutes**. Add **ginger paste**, **garlic** the **soy sauce** and a drizzle of **olive oil** and cook until fragrant, **1 minute**. Transfer to a medium bowl.



2 Cook the rice

While the beef is roasting, add the **water (for the rice)** to a medium saucepan and bring to the boil. Add **jasmine rice** and a pinch of **salt**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove pan from heat. Keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

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



5 Flavour the rice

To saucepan with **rice**, stir through **sesame seeds** and **sesame oil blend** (see ingredients).



3 Get prepped

While sirloin is roasting, trim ends of **baby broccoli**, then slice in half lengthways. Trim **sugar snap peas**. Finely grate **garlic**. Thinly slice **spring onion**. Roughly chop **coriander**.



6 Serve up

Divide ginger veggies and sesame rice between plates. Top rice with teriyaki beef brisket, spooning over any extra sauce from baking dish. Garnish with spring onion, coriander and **crispy shallots**. Serve with any remaining lime wedges.

Enjoy!

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