HELLO FRESH

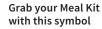# BBQ Beef Brisket & Capsicum-Mushroom Sub
with Creamy Slaw & Loaded Fries

Slow-Cooked Beef Brisket

All-American Spice Blend

BBQ Sauce

Potato

Capsicum

Shaved Parmesan Cheese

Sliced Mushrooms

Hot Dog Bun

Slaw Mix

Mayonnaise

Pickled Jalapeños (Optional)

Slow-Cooked Beef Brisket

Pantry items

Olive Oil

Prep in: 15-25 mins
Ready in: 40-50 mins

We've loaded a lot onto these hot dog buns, packed with only the best, slow-cooked beef brisket ever! With the additions of creamy slaw, roast capsicum, sliced mushrooms and jalapeno fries, this one literally packs a punch!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

SUJ

Before you start
Wash your hands and any fresh food.

You will need
Medium or large baking dish · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
*olive oil**	refer to method	refer to method
slow-cooked beef brisket	1 packet (300g)	1 packet (600g)
*water**	¼ cup	¼ cup
All-American spice blend	1 medium sachet	1 large sachet
BBQ sauce	1 packet	2 packets
potato	2	4
capsicum	1	2
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
sliced mushrooms	1 medium packet	1 large packet
hot dog bun	2	4
slaw mix	1 small bag	1 large bag
mayonnaise	1 medium packet	1 large packet
pickled jalapeños (optional) 🌶	1 medium packet	1 large packet
slow-cooked beef brisket**	1 packet (300g)	1 packet (600g)

**Pantry Items ****Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3611kJ (863Cal)	484kJ (116Cal)
Protein (g)	46.3g	6.2g
Fat, total (g)	41.8g	5.6g
- saturated (g)	14.7g	2g
Carbohydrate (g)	70.8g	9.5g
- sugars (g)	26.7g	3.6g
Sodium (mg)	1891mg	254mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4707kJ (1125Cal)	526kJ (126Cal)
Protein (g)	73.7g	8.2g
Fat, total (g)	58.1g	6.5g
- saturated (g)	21.5g	2.4g
Carbohydrate (g)	72.3g	8.1g
- sugars (g)	27g	3g
Sodium (mg)	2386mg	266mg

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!
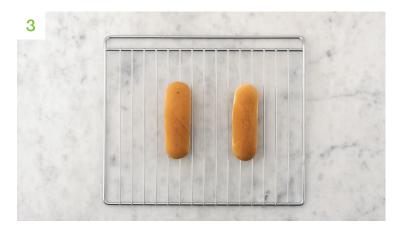Scan here if you have any questions or concerns

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1

Roast the brisket
- Preheat oven to **240°C/220°C fan-forced**.
- In a baking dish, place **slow-cooked beef brisket** (including the packet liquid!) and the **water**. Cover with foil and roast for **22 minutes**.
- Uncover, then turn **beef** over. Add **All-American spice blend** and **BBQ sauce**. Turn brisket to coat. Roast, uncovered, until browned and heated through, a further **8-10 minutes**.

Custom Recipe: If you've doubled your beef brisket, divide brisket between two baking dishes, if your dish is getting crowded. Cook brisket, as above.

2

Bake the fries
- While the brisket is roasting, cut **potato** into fries. Roughly chop **capsicum**.
- Place **potato** on one side of a lined oven tray. Place **capsicum** on the other side. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until just tender, **15-20 minutes**.
- Remove the tray from the oven. Top fries evenly with **shaved Parmesan cheese**. Bake until golden and crispy, a further **5 minutes**.

3

Get prepped
- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **sliced mushrooms**, stirring, until browned and softened,
- **6-8 minutes**.
- Slice each hot dog bun lengthways down the middle, three-quarters of the way through. Place **buns** directly on a wire oven rack and bake until heated through, **3 minutes**.
- Meanwhile, in a medium bowl, combine **slaw mix**, **mayonnaise** and a drizzle of **olive oil**. Season.

4

Serve up
- Shred or slice brisket in the baking dish, then add the mushrooms. Sprinkle **pickled jalapeños** (if using) over fries.
- Fill each bun with a helping of creamy slaw, roasted capsicum and BBQ beef brisket.
- Divide cheesy fries and hot dog buns between plates to serve. Enjoy!

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