



Onion Gravy Beef Brisket & Mash

with Pre-Prepped Roast Veggies

READY TO COOK

Grab your Meal Kit with this symbol



Slow-Cooked Beef Brisket



Gravy Granules



Onion Chutney



Cauliflower, Carrot & Zucchini Mix



Garlic & Herb Seasoning



Mashed Potato



Flaked Almonds

Prep in: 10-20 mins
Ready in: 40-50 mins

Calorie Smart

Deliciously slow-cooked beef roasted to perfection is truly what you deserve. Sit back and relax as it cooks in the oven and let the aromas fill your kitchen.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food.

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 or large baking dish · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked beef brisket	1 small packet	2 small packets OR 1 large packet
gravy granules	1 medium sachet	1 large sachet
onion chutney	1 packet (40g)	2 packets (80g)
water*	¼ cup	½ cup
cauliflower, carrot & zucchini mix	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
mashed potato	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2653kJ (634Cal)	422kJ (101Cal)
Protein (g)	39.7g	6.3g
Fat, total (g)	26.5g	4.2g
- saturated (g)	11.4g	1.8g
Carbohydrate (g)	54.4g	8.6g
- sugars (g)	22.3g	3.5g
Sodium (mg)	4248mg	675mg

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.

1



2



3



Roast the beef brisket

- Preheat oven to **240°C/220°C fan-forced**.
- Place **slow-cooked beef brisket** in a baking dish.
- Pour liquid from packaging over beef. Cover with foil and roast for **15 minutes**.
- Uncover and move **brisket** to the side. Add **gravy granules, onion chutney** and the **water**, then whisk until smooth. Turn **brisket** to coat.
- Roast, uncovered, until sauce has slightly thickened, a further **8-10 minutes**.

Roast the veggies

- Meanwhile, place **cauliflower, carrot & zucchini mix** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **garlic & herb seasoning** and toss to coat.
- Roast until tender and brown around the edges, **20-25 minutes**.
- When veggies have **5 minutes** remaining, transfer **mashed potato** to a heatproof bowl. Microwave until hot and steaming, **3 minutes**. Season to taste.

Serve up

- Slice brisket.
- Divide mash, roast veggies and BBQ beef brisket between plates. Spoon over sauce from baking dish.
- Sprinkle over **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate