

READY TO COOK









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*	1/4 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

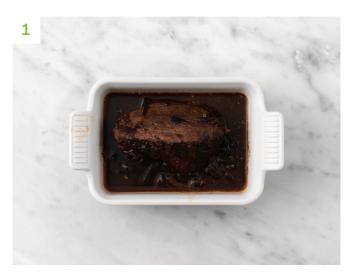
The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



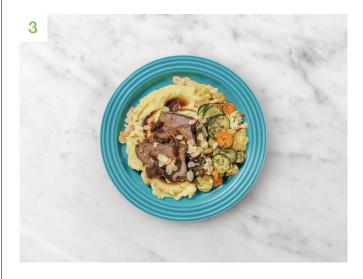
Roast the beef brisket

- 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!

