

Beef Brisket & Mushroom Ragu Gnocchi

with Parmesan & Tomato Rocket Salad

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Slow-Cooked Beef Brisket





Sliced Mushrooms





Nan's Special Seasoning

Spinach, Rocket & Fennel Mix



Parmesan Cheese



Prep in: 15-25 mins Ready in: 25-35 mins



Eat Me Early

Smokey beef brisket that's already been slow-cooked to tender perfection should always be served paired with a rich mushroom ragu and accompanied by a bright salad. Together this trio of flavour will blow your tastebuds away.



Olive Oil, Brown Sugar, Vinegar (White Wine Or Balsamic)

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

Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
gnocchi	1 packet	2 packets		
onion	1	2		
tomato	1	2		
slow-cooked beef brisket	1 small packet	2 small packets OR 1 large packet		
sliced mushrooms	1 medium packet	1 large packet		
passata	1 box	2 boxes		
water*	1/4 cup	½ cup		
Nan's special seasoning	1 medium sachet	1 large sachet		
brown sugar*	1 tbs	2 tbs		
spinach, rocket & fennel mix	1 medium bag	1 large bag		
vinegar* (white wine or balsamic)	drizzle	drizzle		
Parmesan cheese	1 medium packet	1 large packet		
diced bacon**	1 packet (90g)	1 packet (180g)		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3278kJ (783Cal)	439kJ (105Cal)
Protein (g)	46.6g	6.2g
Fat, total (g)	21.8g	2.9g
- saturated (g)	9.9g	1.3g
Carbohydrate (g)	95.3g	12.8g
- sugars (g)	17.7g	2.4g
Sodium (mg)	1977mg	265mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3666kJ (876Cal)	463kJ (111Cal)
Protein (g)	53.5g	6.8g
Fat, total (g)	28.5g	3.6g
- saturated (g)	12.4g	1.6g
Carbohydrate (g)	96.1g	12.1g
- sugars (g)	18.2g	2.3g
Sodium (mg)	2407mg	304mg

The quantities provided above are averages only.

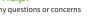
Allergens

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





Cook the gnocchi

- In a large frying pan, heat a generous drizzle of olive oil over medium-high
- When oil is hot, fry gnocchi, tossing occasionally, until golden, 6-8 minutes. Transfer to a bowl.

TIP: Add extra oil if the gnocchi sticks to the pan.

Custom Recipe: If you've added diced bacon, after cooking gnocchi, return frying pan to medium-high heat with a drizzle of olive oil. Cook diced bacon, breaking up with a spoon, until golden, 4-6 minutes. Set aside in a bowl.



Cook the beef & make it saucy

- Return frying pan to high heat with a drizzle of olive oil. Cook sliced mushrooms and onion, until slightly softened, 2-3 minutes.
- · Add shredded beef and cook, stirring, until heated through and liquid has evaporated, 4-5 minutes.
- Stir in passata, the water, Nan's special seasoning and the brown sugar. Simmer until slightly thickened, **1-2 minutes**.
- Remove pan from heat and stir through cooked **gnocchi** until combined. Season to taste.

Custom Recipe: Return cooked bacon to the pan with the shredded beef.



Get prepped

- Meanwhile, thinly slice onion. Roughly chop tomato.
- Transfer **slow-cooked beef brisket** including the liquid to a bowl and shred with 2 forks.



Toss the salad & serve up

- In a large bowl, combine tomato and spinach, rocket & fennel mix with a drizzle of the vinegar and olive oil. Season.
- Divide beef brisket and mushroom ragu gnocchi between bowls.
- Sprinkle with Parmesan cheese. Serve with salad. Enjoy!

Rate your recipe

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