



Sweet & Sticky Slow-Cooked Beef Brisket

with Pre-Cut Fries & Green Salad

READY TO COOK

Grab your Meal Kit with this symbol



Slow-Cooked Beef Brisket



Sweet & Savoury Glaze



Vegetable Stock Pot



Potato Fries



Cucumber



Spinach & Rocket Mix



Mustard Cider Dressing

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

Carb Smart

In this three-step recipe, an already slow-cooked beef brisket is the real MVP; while it finishes in the oven with a couple of other shortcut ingredients, bake the pre-cut fries and toss the salad, which gets a lovely sharpness from the mustard cider dressing.

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 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
sweet & savoury glaze	1 medium packet	1 large packet
water*	¼ cup	¼ cup
vegetable stock pot	1 packet (20g)	2 packets (40g)
potato fries	1 medium bag	1 large bag
cucumber	1	2
spinach & rocket mix	1 medium bag	2 medium bags
mustard cider dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2039kJ (487Cal)	404kJ (97Cal)
Protein (g)	33.7g	6.7g
Fat, total (g)	20g	4g
- saturated (g)	7.1g	1.4g
Carbohydrate (g)	39g	7.7g
- sugars (g)	12g	2.4g
Sodium (mg)	1465mg	290mg
Dietary Fibre (g)	4.3g	0.9g

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 brisket

- Preheat oven to **240°C/220°C fan-forced**.
- Place **slow-cooked beef brisket** (including packaging liquid!) in a medium baking dish. Pour **sweet & savoury glaze** and the **water** over beef. Gently stir in **vegetable stock pot**. Cover with foil, then roast for **15 minutes**.
- Remove from oven. Uncover, then turn over **beef**. Roast, uncovered, until browned and heated through, **8-10 minutes**.

Bake the fries

- While the brisket is roasting, place **potato fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Bake **fries** until tender, **20-25 minutes**.
- Thinly slice **cucumber** into rounds.
- In a medium bowl, combine **cucumber**, **spinach & rocket mix** and **mustard cider dressing**. Season to taste.

Serve up

- Slice sweet and sticky slow-cooked beef brisket.
- Divide brisket, fries and cucumber salad between plates.
- Spoon any remaining glaze from the baking dish over brisket to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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