

READY TO COOK









Beef Brisket





Vegetable Stock

Potato Fries





Cucumber



**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

| g. •••                      |                   |                                      |  |
|-----------------------------|-------------------|--------------------------------------|--|
|                             | 2 People          | 4 People                             |  |
| olive oil*                  | refer to method   | refer to method                      |  |
| slow-cooked beef<br>brisket | 1 small packet    | 2 small packets<br>OR 1 large packet |  |
| sweet & savoury glaze       | 1 medium packet   | 1 large packet                       |  |
| water*                      | 1/4 cup           | ½ cup                                |  |
| vegetable stock<br>pot      | 1 packet<br>(20g) | 2 packets<br>(40g)                   |  |
| potato fries                | 1 medium bag      | 1 large bag                          |  |
| cucumber                    | 1                 | 2                                    |  |
| spinach & rocket<br>mix     | 1 medium bag      | 2 medium bags                        |  |
| mustard cider<br>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.



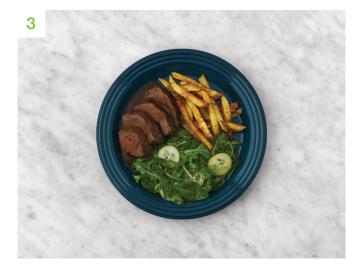
#### Roast the brisket

- · 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!



Scan here if you have any questions or concerns



