



British Roast Beef Brisket & Pumpkin-Potato Toss

with Garlic Greens & Gravy

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Slow-Cooked Beef Brisket



Nan's Special Seasoning



Pumpkin



Potato



Green Beans



Garlic



Baby Spinach Leaves



Gravy Granules



Slow-Cooked Beef Brisket

Prep in: 25-35 mins
Ready in: 40-50 mins

Calorie Smart*
**Custom recipe is not Calorie Smart*

Spend less time in the kitchen with tonight's beef brisket, which has already been slow-cooked for you! Simply pop it in the oven to roast, then whip up the colourful and comforting sides, plus a rich gravy for the finishing touch.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

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 · Large frying pan

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
Nan's special seasoning	1 medium sachet	1 large sachet
pumpkin	1 medium	1 large
potato	1	2
green beans	1 small bag	1 medium bag
garlic	2 cloves	4 cloves
butter*	20g	40g
baby spinach leaves	1 medium bag	1 large bag
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup
slow-cooked beef brisket**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2355kJ (563Cal)	372kJ (89Cal)
Protein (g)	38.5g	6.1g
Fat, total (g)	26.7g	4.2g
- saturated (g)	12.7g	2g
Carbohydrate (g)	41.5g	6.6g
- sugars (g)	21.2g	3.3g
Sodium (mg)	1304mg	206mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3452kJ (825Cal)	441kJ (105Cal)
Protein (g)	65.9g	8.4g
Fat, total (g)	43.1g	5.5g
- saturated (g)	19.4g	2.5g
Carbohydrate (g)	43g	5.5g
- sugars (g)	21.5g	2.7g
Sodium (mg)	1799mg	230mg

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



1



Roast the brisket

- Preheat oven to **240°C/220°C fan-forced**.
- Place **slow-cooked beef brisket** in a baking dish. Pour **liquid** from packaging over the beef. Turn **beef** to coat. Cover with foil and roast for **15 minutes**.
- Remove from oven. Uncover, sprinkle over **Nan's special seasoning**, then turn over **beef**. Roast, uncovered, until browned and heated through, **8-10 minutes**.

Custom Recipe: If you've doubled your slow-cooked beef brisket, prepare and cook beef as above.

4



Cook the greens

- When veggies have **10 minutes** remaining, boil the kettle.
- In a large frying pan, heat the **butter** and a drizzle of **olive oil** over medium-high heat.
- Cook **green beans**, stirring, until tender, **4-5 minutes**.
- Add **garlic** and **baby spinach leaves** and cook, until fragrant and wilted, **1 minute**. Season to taste.

2



Roast the pumpkin & potato

- While the beef is roasting, cut **pumpkin** and **potato** into bite-sized chunks.
- Place **pumpkin** and **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

TIP: Peel the pumpkin if you prefer!

5



Make the gravy

- In a medium bowl, combine **gravy granules**, the **boiling water** (½ cup for 2 people / 1 cup for 4 people) and **brisket juices**, whisking, until smooth, **1 minute**.

3



Get prepped

- Meanwhile, trim **green beans**.
- Finely chop **garlic**.

6



Serve up

- Slice beef.
- Divide roast beef, garlic greens, pumpkin and potato between plates.
- Pour over gravy to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate