



BBQ Slow-Cooked Beef Brisket

with Sweet Potato Fries, Spiced Corn & Tomato Salad

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Slow-Cooked Beef Brisket



BBQ Sauce



Tex-Mex Spice Blend



Sweet Potato



Corn



Tomato



Mixed Salad Leaves



Mayonnaise



Slow-Cooked Beef Brisket

Prep in: 15-25 mins
Ready in: 35-45 mins

By now, our loyal HF customers would know how much we love our slow-cooked proteins. Tonight, it is back on the menu with our lovely BBQ sauce for ultimate flavour that pairs perfectly with salad and sweet potato fries.

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

Pantry items

Olive Oil, 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

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
BBQ sauce	1 packet	2 packets
Tex-Mex spice blend	1 medium sachet	1 large sachet
sweet potato	2	4
corn	1 cob	2 cobs
tomato	1	2
mixed salad leaves	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	refer to method	refer to method
mayonnaise	1 packet (40g)	1 packet (80g)
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)	2813kJ (672Cal)	448kJ (107Cal)
Protein (g)	38.6g	6.1g
Fat, total (g)	29.9g	4.8g
- saturated (g)	8.3g	1.3g
Carbohydrate (g)	61.7g	9.8g
- sugars (g)	30.6g	4.9g
Sodium (mg)	1417mg	226mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3909kJ (934Cal)	503kJ (120Cal)
Protein (g)	66.1g	8.5g
Fat, total (g)	46.2g	5.9g
- saturated (g)	15g	1.9g
Carbohydrate (g)	63.2g	8.1g
- sugars (g)	30.9g	4g
Sodium (mg)	1912mg	246mg

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 beef brisket

- Preheat oven to **240°C/220°C fan-forced**.
- Place **slow-cooked beef brisket** in a medium baking dish. Pour **liquid** from packaging over beef.
- Cover with foil and roast for **15 minutes**. Remove from oven.
- Uncover, add **BBQ sauce** and sprinkle with half the **Tex-Mex spice blend**, then turn over **beef** to coat. Roast, uncovered, until browned and heated through, **8-10 minutes**.

Custom Recipe: If you've doubled your slow-cooked beef brisket, prepare in the same way as above, spreading over two dishes if your dish is crowded.

3



Roast the corn

- When fries have **15 minutes** remaining, in a medium bowl, combine **corn**, remaining **Tex-Mex spice blend** and a drizzle of **olive oil**.
- Remove tray with **fries** from oven. Place **corn** on tray, then roast until tender and slightly charred, **12-15 minutes**.

2



Bake the sweet potato fries

- Meanwhile, cut **sweet potato** into fries.
- Cut **corn** cob in half.
- Cut **tomato** into thin wedges.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.

4



Serve up

- In a medium bowl, combine **tomato**, **mixed salad leaves** and a drizzle of **vinegar** and **olive oil**. Season.
- Slice brisket. Divide sweet potato fries, spiced corn, beef brisket and tomato salad between plates.
- Spoon sauce from baking dish over brisket. Serve with **mayonnaise**. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!
Let them know what you thought: hellofresh.com.au/rate