



Roast Beef Brisket & Sticky Onion Sauce

with Hand Cut Fries & Garden Salad

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Brown Onion



Slow-Cooked Beef Brisket



Aussie Spice Blend



Sweet & Savoury Glaze



Potato



Cucumber



Tomato



Mixed Salad Leaves



Chicken Salt



Slow-Cooked Beef Brisket

Prep in: 10-20 mins
Ready in: 35-45 mins

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

Brisket typically needs plenty of patience for a tender result, but not when you have our slow-cooked beef brisket handy! Around 30 minutes is all it needs to roast it to perfection, while you pop the fries in the oven and toss the salad. Too easy!

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 or large baking dish · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	½	1
slow-cooked beef brisket	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
sweet & savoury glaze	1 medium packet	1 large packet
potato	2	4
cucumber	1	2
tomato	1	2
mixed salad leaves	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
chicken salt	½ packet	1 packet
slow-cooked beef brisket**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2001kJ (478Cal)	315kJ (75Cal)
Protein (g)	35.5g	5.6g
Fat, total (g)	16.8g	2.6g
- saturated (g)	6.8g	1.1g
Carbohydrate (g)	42.7g	6.7g
- sugars (g)	19.6g	3.1g
Sodium (mg)	1769mg	278mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3097kJ (740Cal)	394kJ (94Cal)
Protein (g)	62.9g	8g
Fat, total (g)	33.2g	4.2g
- saturated (g)	13.6g	1.7g
Carbohydrate (g)	44.2g	5.6g
- sugars (g)	19.9g	2.5g
Sodium (mg)	2264mg	288mg

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**.
- Thinly slice **brown onion (see ingredients)**.
- Place **slow-cooked beef brisket** and **onion** in a baking dish. Pour **liquid** from packaging over beef. Cover with foil and roast for **15 minutes**.
- Remove **brisket** from oven. Uncover, sprinkle over **Aussie spice blend**, pour over **sweet & sticky glaze** and turn **beef** to coat.
- Roast, uncovered, until browned and heated through, **8-10 minutes**.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!

Custom Recipe: If you've doubled your slow-cooked beef brisket, cook beef as above, cooking in two baking dishes if your dish is getting crowded.

3



Toss the salad

- While fries are baking, thinly slice **cucumber** into rounds.
- Cut **tomato** into thin wedges.
- Just before serving, in a large bowl, combine **mixed salad leaves, tomato, cucumber** and a drizzle of **vinegar** and **olive oil**. Season.

Little cooks: Take the lead by tossing the salad!

2



Bake the potato fries

- Meanwhile, cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil** 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

- Add **chicken salt (see ingredients)** to tray with fries, toss to coat.
- Slice beef.
- Divide roast beef, fries and garden salad between plates. Pour sticky onion sauce from baking dish over beef. Enjoy!

Rate your recipe

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