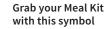


British Beef Brisket & Pumpkin-Potato Toss

with Garlic Greens & Gravy

KID FRIENDLY









Slow-Cooked Beef Brisket



Nan's Special Seasoning



Pumpkin



Potato



Green Beans



Baby Spinach



Gravy Granules

Leaves



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 \cdot Oven tray lined with baking paper \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked beef brisket	1 medium packet	2 medium 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 packet	1 medium packet
garlic	2 cloves	4 cloves
butter*	20g	40g
baby spinach leaves	1 medium packet	1 large packet
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup
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)	2337kJ (559Cal)	370kJ (88Cal)
Protein (g)	38.4g	6.1g
Fat, total (g)	26.7g	4.2g
- saturated (g)	12.7g	2g
Carbohydrate (g)	40.7g	6.4g
- sugars (g)	20.8g	3.3g
Sodium (mg)	1193mg	189mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3434kJ (821Cal)	439kJ (105Cal)
Protein (g)	65.8g	8.4g
Fat, total (g)	43g	5.5g
- saturated (g)	19.4g	2.5g
Carbohydrate (g)	42.2g	5.4g
- sugars (g)	21.1g	2.7g
Sodium (mg)	1688mg	216mg

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 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, divide beef between two baking dishes for best results.



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!



Get prepped

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



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.



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.



Serve up

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

