



# British Beef Brisket & Pumpkin-Potato Toss

with Garlic Greens & Gravy

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
<b>olive oil*</b>	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
<b>butter*</b>	20g	40g
baby spinach leaves	1 medium packet	1 large packet
gravy granules	1 medium sachet	1 large sachet
<b>boiling water*</b>	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](https://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, divide beef between two baking dishes for best results.



## 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

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)