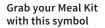


BBQ Beef Brisket & Roasted Capsicum Sub with Creamy Slaw & Cheesy Fries

KID FRIENDLY







Beef Brisket



All-American Spice Blend





Potato



Capsicum

Parmesan Cheese



Hot Dog



Slaw Mix





Mayonnaise



Prep in: 15-25 mins Ready in: 40-50 mins

We've loaded a lot onto these hot dog buns, packed with only the best slow-cooked beef brisket ever. With the additions of creamy slaw, roast capsicum and cheesy fries, this one packs a punch!

Pantry items Olive Oil

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

Ingredients

9			
	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	
water*	1/4 cup	1/4 cup	
All-American spice blend	1 medium sachet	1 large sachet	
BBQ sauce	1 medium packet	2 medium packets	
potato	2	4	
capsicum	1	2	
Parmesan cheese	1 medium packet	1 large packet	
hot dog bun	2	4	
slaw mix	1 small packet	1 large packet	
mayonnaise	1 medium packet	1 large 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)	3821kJ (913Cal)	561kJ (134Cal)
Protein (g)	47.6g	7g
Fat, total (g)	40.1g	5.9g
- saturated (g)	16.4g	2.4g
Carbohydrate (g)	87.4g	12.8g
- sugars (g)	29.6g	4.3g
Sodium (mg)	1849mg	272mg
Dietary Fibre (g)	13.1g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4918kJ (1175Cal)	592kJ (141Cal)
Protein (g)	75.1g	9g
Fat, total (g)	56.4g	6.8g
- saturated (g)	23.2g	2.8g
Carbohydrate (g)	88.9g	10.7g
- sugars (g)	29.9g	3.6g
Sodium (mg)	2344mg	282mg
Dietary Fibre	14.7g	1.8g

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

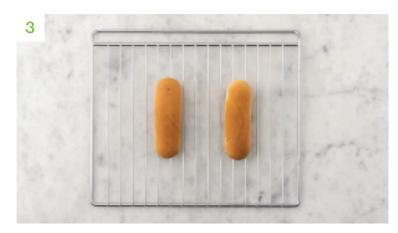




Roast the brisket

- Preheat oven to 240°C/220°C fan-forced.
- In a baking dish, place slow-cooked beef brisket (including the packet liquid!) and the water. Cover with foil and roast for 22 minutes.
- Uncover, then turn beef over. Add All-American spice blend and BBQ sauce. Turn brisket to coat. Roast, uncovered, until browned and heated through, a further 8-10 minutes.

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



Get prepped

- Slice each **hot dog bun** lengthways down the middle, three-quarters of the way through. Place buns directly on a wire oven rack and bake until heated through, 3 minutes.
- Meanwhile, in a medium bowl, combine slaw mix, mayonnaise and a drizzle of olive oil. Season.

Little cooks: Take the lead by tossing the slaw!



Bake the fries

- While the brisket is roasting, cut **potato** into fries.
- Roughly chop capsicum.
- Place **potato** on one side of a lined oven tray. Place **capsicum** on the other side. Drizzle with olive oil, season with salt and toss to coat. Bake until just tender, 15-20 minutes.
- Remove the tray from the oven. Top fries evenly with **Parmesan cheese**. Bake until golden and crispy, a further **5 minutes**.

Little cooks: Add the finishing touch by sprinkling the cheese over the fries.



Serve up

- · Shred or slice brisket in the baking dish.
- Fill each bun with a helping of creamy slaw, roasted capsicum and BBQ beef brisket.
- Divide cheesy fries and hot dog buns between plates to serve. Enjoy!

Little cooks: Take the lead and help build the subs!