



BBQ Beef Brisket & Roasted Capsicum Sub

with Creamy Slaw & Cheesy Fries

KID FRIENDLY

Grab your Meal Kit with this symbol



Slow-Cooked Beef Brisket



All-American Spice Blend



BBQ Sauce



Potato



Capsicum



Parmesan Cheese



Hot Dog Bun



Slaw Mix



Mayonnaise



Slow-Cooked Beef Brisket

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!

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

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 paper

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
water*	¼ cup	¼ 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 (g)	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



1



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.

3



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!

2



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.

4



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!

Rate your recipe

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