

# BBQ Beef Brisket & Roasted Capsicum Sub with Mushroom, Creamy Slaw & Loaded Fries

Grab your Meal Kit with this symbol







Beef Brisket





**BBQ** Sauce



Potato











Sliced Mushrooms



Slaw Mix



Mayonnaise



Pickled Jalapeños (Optional)



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

Eat Me Early

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, sliced mushrooms and jalapeno fries, this one literally packs a punch!

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 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 packet (300g)	1 packet (600g)		
water*	1/4 cup	¼ cup		
All-American spice blend	1 medium sachet	1 large sachet		
BBQ sauce	1 packet	2 packets		
potato	2	4		
capsicum	1	2		
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)		
sliced mushrooms	1 medium packet	1 large packet		
hot dog buns	2	4		
slaw mix	1 small bag	1 large bag		
mayonnaise	1 packet (40g)	1 packet (80g)		
pickled jalapeños	1 medium packet	1 large packet		
slow-cooked beef brisket**	1 packet (300g)	1 packet (600g)		
* Dente: Home ** Custom Pasina Ingradient				

\*Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3611kJ (863Cal)	484kJ (116Cal)
Protein (g)	46.3g	6.2g
Fat, total (g)	41.8g	5.6g
- saturated (g)	14.7g	2g
Carbohydrate (g)	70.8g	9.5g
- sugars (g)	26.7g	3.6g
Sodium (mg)	1891mg	254mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4707kJ (1125Cal)	526kJ (125Cal)
Protein (g)	73.7g	8.2g
Fat, total (g)	58.1g	6.5g
- saturated (g)	21.5g	2.4g
Carbohydrate (g)	72.3g	8.1g
- sugars (g)	27g	3g
Sodium (mg)	2386mg	266mg

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

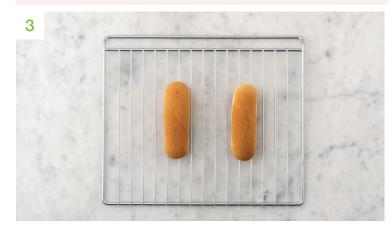




### Roast the brisket

- Preheat oven to 240°C/220°C fan-forced.
- Place **slow-cooked beef brisket** in a medium baking dish.
- Pour liquid from packaging over the beef. Cover with foil and roast for 15 minutes.
- Remove from oven. 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 beef brisket, divide brisket between two baking dishes, if your dish is getting crowded. Cook brisket, as above.



# Get prepped

- Meanwhile, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook sliced mushrooms, stirring, until browned and softened,
   6-8 minutes.
- Slice each hot dog buns 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.



#### Bake the fries

- · While brisket is roasting, cut potato into fries.
- · Roughly chop capsicum.
- Place fries 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 shaved Parmesan cheese. Bake until golden and crispy, a further 5 minutes.



# Serve up

- Shred or slice brisket in the baking dish, then add the mushrooms. Sprinkle pickled jalapeños (if using) over fries.
- 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!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate