



# Beef Brisket Tacos & DIY Tomato Salsa

with Refried Black Beans & Sour Cream

SKILL UP

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Slow-Cooked Beef Brisket



Tomato



Carrot



Garlic



Red Onion



Black Beans



Tex-Mex Spice Blend



Mixed Salad Leaves



Mini Flour Tortillas



Light Sour Cream



Slow-Cooked Beef Brisket

Prep in: 25-35 mins  
Ready in: 30-40 mins

Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. To expand your kitchen expertise, grab the food processor and whizz up a salsa - make it chunky or smooth to your preference! This DIY salsa is so tasty paired with beef brisket and refried beans - watch out, you'll be on taco night duty every week!

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

### Pantry items

Olive Oil, Brown Sugar, Butter, White Wine Vinegar

## 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 · Food processor · 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
tomato	1	2
carrot	1	2
garlic	1 clove	2 cloves
red onion	1	2
black beans	1 medium packet	2 medium packets
<b>white wine vinegar*</b>	drizzle	drizzle
<b>brown sugar*</b>	1 tsp	2 tsp
<b>butter*</b>	20g	40g
Tex-Mex spice blend	½ medium sachet	1 medium sachet
mixed salad leaves	1 small packet	1 medium packet
mini flour tortillas	6	12
light sour cream	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)	3779kJ (903Cal)	548kJ (131Cal)
Protein (g)	54.2g	7.9g
Fat, total (g)	38.7g	5.6g
- saturated (g)	18.3g	2.7g
Carbohydrate (g)	77.2g	11.2g
- sugars (g)	18.1g	2.6g
Sodium (mg)	1618mg	235mg
Dietary Fibre (g)	20.6g	3g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4875kJ (1165Cal)	581kJ (139Cal)
Protein (g)	81.7g	9.7g
Fat, total (g)	55g	6.6g
- saturated (g)	25g	3g
Carbohydrate (g)	78.7g	9.4g
- sugars (g)	18.4g	2.2g
Sodium (mg)	2113mg	252mg
Dietary Fibre (g)	22.1g	2.6g

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://www.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



## Bake the brisket

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



## Fry the beans

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **beans** and the remaining **onion**, stirring, until tender, **3-5 minutes**.
- Add the **butter**, **garlic** and **Tex-Mex spice blend (see ingredients)**, and cook until fragrant, **1 minute**.
- Remove from the heat then lightly crush with a fork. Cover to keep warm.



## Get prepped

- Meanwhile, roughly chop **tomato**.
- Grate **carrot**.
- Finely chop **garlic** and **red onion**.
- Drain and rinse **black beans**.
- In a small microwave-safe bowl, combine half the **onion**, a drizzle of **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Microwave **onion** for **30 second** bursts, until softened.



## Toss the salad

- While beans are cooking, in a large bowl, combine **mixed salad leaves**, **carrot**, and a drizzle of **olive oil**. Season.
- Microwave **mini flour tortillas** on a plate in **10-second** bursts until warmed through.



## Make the salsa

- Using a food processor, blitz **tomato**, **pickled onion**, the **brown sugar** and a drizzle of **olive oil**.
- Season with **salt** and **pepper**. Add a drizzle of **white wine vinegar** to taste and set aside.

**TIP:** If you don't have a food processor, use a blender or stick blender!

**TIP:** Pulse for a more chunky consistency if desired.



## Serve up

- Shred beef brisket using two forks.
- Fill tacos with salad, beef brisket and refried black beans.
- Top with DIY tomato salsa and **light sour cream** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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