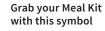


# British Roast Beef Brisket & Gravy

KID FRIENDLY











Beef Brisket



Nan's Special Seasoning





Pumpkin







Green Beans





**Baby Spinach** Leaves

**Gravy Granules** 

**Pantry items** Olive Oil, Butter



Prep in: 25-35 mins Ready in: 40-50 mins



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.

## 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  $\cdot$  Oven tray lined with baking paper  $\cdot$  Large frying pan

# 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	
Nan's special seasoning	1 medium sachet	1 large sachet	
pumpkin	1 medium	1 large	
potato	1	2	
rosemary	2 sticks	4 sticks	
green beans	1 small packet	1 medium packet	
garlic	2 cloves	4 cloves	
butter*	20g	40g	
baby spinach leaves	1 medium packet	1 large packet	
gravy granules	1 medium sachet	1 large sachet	
boiling water*	½ cup	1 cup	
slow-cooked beef brisket**	1 medium packet	2 medium packets OR 1 large packet	

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2534kJ (606Cal)	383kJ (92Cal)
Protein (g)	43.1g	6.5g
Fat, total (g)	29.7g	4.5g
- saturated (g)	13.9g	2.1g
Carbohydrate (g)	41g	6.2g
- sugars (g)	20.9g	3.2g
Sodium (mg)	1277mg	193mg
Dietary Fibre (g)	12.8g	1.9g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3813kJ</b> (911Cal)	456kJ (109Cal)
Protein (g)	75.1g	9g
Fat, total (g)	48.8g	5.8g
- saturated (g)	21.8g	2.6g
Carbohydrate (g)	42.7g	5.1g
- sugars (g)	21.3g	2.5g
Sodium (mg)	1855mg	222mg
Dietary Fibre	14.5g	1.7g

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 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, prepare and cook beef as above.



# Roast the pumpkin & potato

- While the beef is roasting, cut pumpkin and potato into bite-sized chunks.
- Pick and finely chop rosemary.
- Place rosemary, 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!



# Get prepped

- Meanwhile, trim green beans.
- Finely chop garlic.



# 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.



# 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.



# Serve up

- Slice beef.
- Divide roast beef, garlic greens, pumpkin-potato toss between plates.
- Pour over gravy to serve. Enjoy!

