



Beef Brisket Bourguignon & Potato Mash

with Steamed Greens

FRENCH FLAIR

Grab your meal kit
with this number

38



Slow-Cooked
Beef Brisket



Herb & Mushroom
Seasoning



Potato



Carrot



Green Beans



Baby Broccoli



Garlic



Brown Onion



Thyme



Sliced Mushrooms



Tomato Paste



Red Wine
Jus



Parsley

Prep in: 20-30 mins
Ready in: 40-50 mins

Eat Me First

Bring the aromas of a Parisian restaurant to your home tonight with the French-inspired flavours of this impressive dish. Enjoy the delightful combination of melt-in-your-mouth beef brisket, rich gravy, creamy mash and delicate greens. You'll be craving more mouthfuls of this elevated dish!

Pantry items

Olive Oil, Milk, Butter, Brown Sugar, Balsamic Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Large saucepan with a lid · Large frying pan

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
herb & mushroom seasoning	1 sachet	2 sachets
potato	2	4
carrot	1	2
green beans	1 small packet	1 medium packet
baby broccoli	1 bunch	2 bunches
garlic	2 cloves	4 cloves
brown onion	½	1
thyme	1 packet	1 packet
milk*	2 tbs	¼ cup
butter* (for the mash)	20g	80g
sliced mushrooms	1 medium packet	1 large packet
tomato paste	1 medium packet	1 large packet
water*	¾ cup	1½ cups
red wine jus	1 packet	2 packets
salt*	¼ tsp	½ tsp
butter* (for the sauce)	20g	40g
brown sugar*	½ tsp	1 tsp
balsamic vinegar*	1 tsp	2 tsp
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3272kJ (782Cal)	389kJ (93Cal)
Protein (g)	46.7g	5.5g
Fat, total (g)	43.5g	5.2g
- saturated (g)	20.6g	2.4g
Carbohydrate (g)	49.7g	5.9g
- sugars (g)	21.7g	2.6g
Sodium (mg)	1986mg	236mg
Dietary Fibre (g)	18.2g	2.2g

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**.
- Place **slow-cooked beef brisket** in a baking dish then sprinkle with **herb & mushroom seasoning**.
- Pour **liquid** from packaging over the 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**.



4 Finish off the mash

- Transfer **veggies** to a bowl. Season and cover to keep warm.
- Drain **potatoes** and return to saucepan. Add the **milk, butter (for the mash)** and a pinch of **salt** and mash until smooth.



2 Get prepped

- Peel **potato** and cut into large chunks.
- Thinly slice **carrot** into rounds.
- Trim **green beans**.
- Trim **baby broccoli** and halve any thicker stalks of **baby broccoli** lengthways.
- Finely chop **garlic** and **brown onion (see ingredients)**.
- Pick **thyme** leaves.



5 Make the Bourguignon

- While the potato is cooking, place a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **sliced mushrooms** and **carrot**, tossing, until browned and softened, **2-3 minutes**. Add **onion** and cook, stirring, until tender, **3-5 minutes**
- Add **garlic, thyme** leaves and **tomato paste**, and cook, stirring, until fragrant, **1-2 minutes**.
- Add the **water, red wine jus, salt, butter (for the sauce), brown sugar** and **balsamic vinegar**. Reduce heat to low and simmer until slightly reduced, **2-3 minutes**.
- Shred or slice **beef brisket** then stir through the **mushroom sauce** with any remaining **brisket juices**. Season to taste.



3 Cook the potato & veggies

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **potato** in the boiling water for **6 minutes**. Place a colander or steamer basket on top and add **baby broccoli** and **green beans**.
- Cover and steam until veggies are tender and potatoes are easily pierced with a fork, a further **7-8 minutes**.



6 Serve up

- Divide potato mash between plates.
- Top with beef brisket bourguignon and steamed greens.
- Tear over **parsley** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate