



BBQ Slow-Cooked Beef Brisket

with Sweet Potato Fries, Spiced Corn & Tomato Salad

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

11



Slow-Cooked Beef Brisket



BBQ Sauce



Tex-Mex Spice Blend



Sweet Potato



Corn



Tomato



Mixed Salad Leaves



Mayonnaise



Slow-Cooked Beef Brisket



Diced Bacon

Prep in: 15-25 mins
Ready in: 35-45 mins

Protein Rich

By now, our loyal HF customers would know how much we love our slow-cooked proteins. Tonight, it is back on the menu with our lovely BBQ sauce for ultimate flavour that pairs perfectly with salad and sweet potato fries.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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 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
BBQ sauce	1 packet	2 packets
Tex-Mex spice blend	1 medium sachet	1 large sachet
sweet potato	2	4
corn	1 cob	2 cobs
tomato	1	2
mixed salad leaves	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	refer to method	refer to method
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2996kJ (716Cal)	459kJ (109Cal)
Protein (g)	43.2g	6.6g
Fat, total (g)	32.6g	5g
- saturated (g)	9.4g	1.4g
Carbohydrate (g)	62g	9.5g
- sugars (g)	30.7g	4.7g
Sodium (mg)	1499mg	230mg
Dietary Fibre (g)	14.7g	2.3g

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.

1



Roast the beef 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 **beef**.
- Cover with foil and roast for **15 minutes**. Remove from oven.
- Uncover, add **BBQ sauce** and sprinkle with half the **Tex-Mex spice blend**, then turn over **beef** to coat. Roast, uncovered, until browned and heated through, **8-10 minutes**.

3



Roast the corn

- When fries have **15 minutes** remaining, in a medium bowl, combine **corn**, remaining **Tex-Mex spice blend** and a drizzle of **olive oil**.
- Remove tray with fries from oven. Place **corn** on tray, then roast until tender and slightly charred, **12-15 minutes**.

2



Bake the fries

- Meanwhile, cut **sweet potato** into fries.
- Cut **corn** cob in half.
- Cut **tomato** into thin wedges.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.

4



Serve up

- In a medium bowl, combine tomato, **mixed salad leaves**, a drizzle of **vinegar** and **olive oil**. Season.
- Slice brisket. Divide sweet potato fries, spiced corn, brisket and tomato salad between plates.
- Spoon sauce from baking dish over brisket. Serve with **mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



DOUBLE BEEF BRISKET

Follow method above, cooking in batches if necessary.



ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

