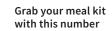


BBQ Slow-Cooked Beef Brisket with Sweet Potato Fries, Spiced Corn & Tomato Salad

KID FRIENDLY

CLIMATE SUPERSTAR









Beef Brisket



Spice Blend





Corn



Tomato

Sweet Potato



Mixed Salad



Mayonnaise

Leaves





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



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
* Dantry Itoms		

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.



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.



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.



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.



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!









