

Beef Brisket Tacos & Crushed Tomato Salsa

with Refried Black Beans & Sour Cream

SKILL UP

KID FRIENDLY

Grab your meal kit with this number

11



Slow-Cooked Beef Brisket



Tomato



Carrot



Garlic



Red Onion



Black Beans



Tex-Mex Spice Blend



Mixed Salad Leaves



Mini Flour Tortillas



Mild Chipotle Sauce



Light Sour Cream



Slow-Cooked Beef Brisket



Light Sour Cream

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!

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Brown Sugar, Butter

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 · Mortar and pestle · 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
tomato	1	2
carrot	1	2
garlic	1 clove	2 cloves
red onion	1	2
black beans	1 packet	2 packets
vinegar* (white wine or rice wine)	¼ cup	½ cup
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
Tex-Mex spice blend	1 medium sachet	1 large sachet
mixed salad leaves	1 small packet	1 medium packet
mini flour tortillas	6	12
mild chipotle sauce	1 packet	2 packets
light sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4160kJ (994Cal)	559kJ (133Cal)
Protein (g)	59.8g	8g
Fat, total (g)	42.6g	5.7g
- saturated (g)	20.5g	2.8g
Carbohydrate (g)	85.4g	11.5g
- sugars (g)	20.8g	2.8g
Sodium (mg)	2066mg	278mg
Dietary Fibre (g)	20.5g	2.8g

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



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 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



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 heat then lightly crush **beans** with a fork. Cover to keep warm.

2



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**, the **vinegar** and a good pinch of **sugar** and **salt**.
- Microwave **onion** for **30 second** bursts, until softened.

5



Toss salad & heat tortillas

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

3



Make the salsa

- Crush **tomato** and **pickled onion** in a mortar and pestle and pound until your preferred consistency.
- Add the **brown sugar**, a drizzle of **olive oil** and a pinch of **salt** and **pepper** and stir to combine.

TIP: Add an extra drizzle more vinegar if this is to your taste!

TIP: If you don't have a mortar and pestle, finely chop ingredients.

6



Serve up

- Shred beef brisket using two forks, then add the **mild chipotle sauce**, stirring to combine.
- Fill tacos with salad, beef brisket and refried black beans.
- Top with crushed tomato salsa and **light sour cream** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



DOUBLE SLOW-COOKED BEEF BRISKET

Follow method above, cooking in two baking dishes if necessary.



DOUBLE LIGHT SOUR CREAM

Follow method above.

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

