

# Beef Brisket Tacos & Crushed Tomato Salsa

with Refried Black Beans & Sour Cream

SKILL UP

KID FRIENDLY



Grab your meal kit with this number







Slow-Cooked Beef Brisket





Carrot





Red Onion

Black Beans



Tex-Mex Spice Blend

Mixed Salad Leaves

Tortillas



Mini Flour Mild Chipotle



Sauce



Light Sour Cream



Slow-Cooked Beef Brisket



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

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	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)	1⁄4 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.



#### 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.



## 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.



#### 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.



## 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,
- · Remove from heat then lightly crush beans with a fork. Cover to keep warm.



## 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.

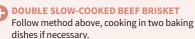


## Serve up

- 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!









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

