



# BBQ Slow-Cooked Beef Brisket

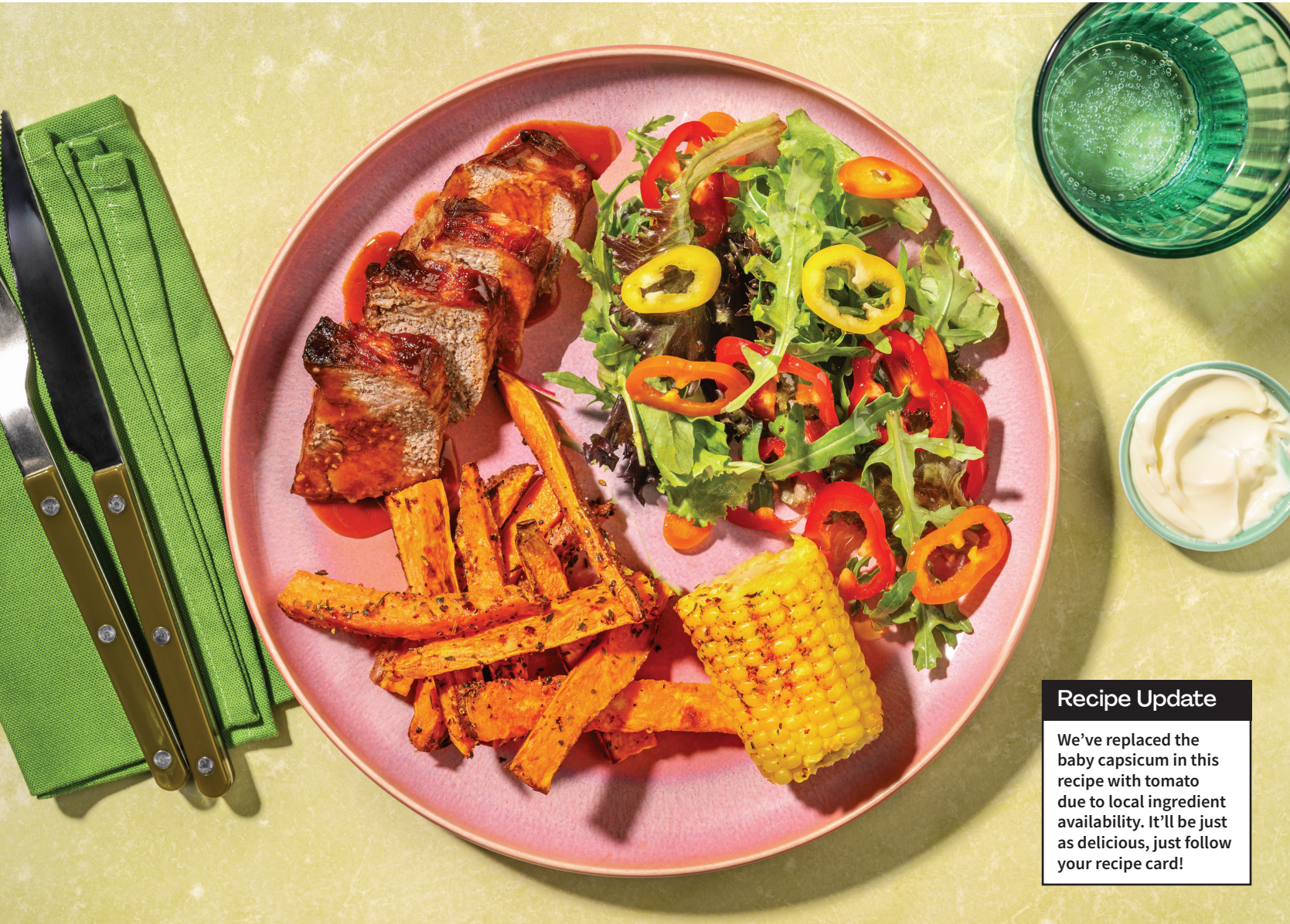
with Sweet Potato Fries, Spiced Corn & Tomato Salad

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

### Recipe Update

We've replaced the baby capsicum in this recipe with tomato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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
<b>olive oil*</b>	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
<b>vinegar*</b> (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)	2989kJ (714Cal)	467kJ (111Cal)
Protein (g)	43.2g	6.7g
Fat, total (g)	32.7g	5.1g
- saturated (g)	9.5g	1.5g
Carbohydrate (g)	61.4g	9.6g
- sugars (g)	30.4g	4.7g
Sodium (mg)	1497mg	234mg
Dietary Fibre (g)	14.8g	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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## 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 the 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**.
- Meanwhile, in a medium bowl, combine **tomato**, **mixed salad leaves**, a drizzle of **vinegar** and **olive oil**. Season with **salt** and **pepper**.

2



## Bake the fries

- Meanwhile, cut **sweet potato** into fries.
- Cut **corn** cob in half.
- Roughly chop **tomato**.
- 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.

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## Serve up

- Slice brisket.
- Divide sweet potato fries, spiced corn, BBQ slow-cooked beef brisket and tomato salad between plates.
- Spoon extra 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 SLOW-COOKED BEEF BRISKET

Follow method above, cooking in batches if necessary.



#### ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes. Sprinkle over salad to serve.

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

