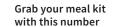


French Beef Brisket & Veggie Ratatouille

with Gourmet Garden Parsley Mash

TASTE TOURS

















Tomato Sugo

Thyme



Lightly Dried

Beef Brisket



Mushroom Sauce



Prep in: 20-30 mins Ready in: 45-55 mins

Gourmet Garden's Aussie grown parsley is lightly dried for a fresher flavour and lasts four weeks once opened. It does the most by bringing the aromas of Provence to your dinner table by spiking creamy mash with a herby hit. It also pairs perfectly with this melt-in-your-mouth beef brisket and tomatoey ratatouille.

Pantry items

Olive Oil, Butter, Milk

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

Two medium or large baking dishes \cdot Medium saucepan with a lid \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
zucchini	2	4
garlic	2 cloves	4 cloves
potato	2	4
tomato sugo	1 packet	2 packets
thyme	½ packet	2 packets
slow-cooked beef brisket	1 medium packet	2 medium packets OR 1 large packet
butter*	40g	80g
milk*	2 tbs	1/4 cup
lightly dried parsley	½ packet	1 packet
Parmesan cheese	1 medium packet	1 large packet
mushroom sauce	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3175kJ (758Cal)	373kJ (89Cal)
Protein (g)	49.6g	5.8g
Fat, total (g)	42.4g	5g
- saturated (g)	22.6g	2.7g
Carbohydrate (g)	43.5g	5.1g
- sugars (g)	16.9g	2g
Sodium (mg)	1708mg	200mg
Dietary Fibre (g)	11.6g	1.4g

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.

In collaboration with



Grown on farms across Australia, this lightly dried parsley adds extra flavour and depth to every meal.



Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- · Boil the kettle.
- Slice tomato and zucchini into 0.5cm-thick rounds.
- · Thinly slice garlic.
- Peel **potato** and cut into large chunks.



Bake the ratatouille

- To a baking dish, spoon tomato sugo evenly into the bottom and add garlic slices.
- Arrange sliced zucchini and tomato, standing upright, on top of sugo. Season with salt and pepper.
- Top with thyme (see ingredients) and a good drizzle of olive oil.
- Bake, until veggies are tender, 30-35 minutes.

TIP: Make sure to season the veggies in between the layers for extra flavour!



Roast the beef brisket.

- Meanwhile, place slow-cooked beef brisket in a second baking dish.
- Pour liquid from packaging over the beef, turning beef to coat. 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.



Start the mash

- While brisket is roasting, half-fill a medium saucepan with **boiling water**, then add a generous pinch of **salt**.
- Cook potato in the boiling water over high heat, until easily pierced with a fork, 12-15 minutes.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Finish the mash

- Once potatoes are done, drain and return to pan.
- Add the butter, milk, Gourmet Garden lightly dried parsley (see ingredients) and Parmesan cheese to potato. Mash until smooth. Cover to keep warm.
- In a small microwave-safe bowl, microwave mushroom sauce until heated through,
 30 seconds. Stir through a splash of beef resting juices from the baking dish.



Serve up

- · Slice beef brisket.
- Divide parsley mash and French beef brisket between plates. Serve with veggie ratatouille.
- Pour mushroom sauce over beef to serve. Enjoy!

Scan here if you have any questions or concerns



