



French Beef Brisket & Veggie Ratatouille

with Gourmet Garden Parsley Mash

TASTE TOURS

Grab your meal kit with this number

16



Tomato



Zucchini



Garlic



Potato



Tomato Sugo



Thyme



Slow-Cooked Beef Brisket



Lightly Dried Parsley



Parmesan Cheese



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 · Medium saucepan with a lid · 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 | ¼ 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.



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!



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!



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.



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**.



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!

We're here to help!

Scan here if you have any questions or concerns



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