



Italian Beef Brisket Ragu & Garlic Mash

with Steamed Veggies

NEW

KID FRIENDLY

Grab your meal kit with this number

11



Slow-Cooked Beef Brisket



Tomato Sugo



Broccoli



Potato



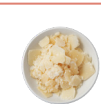
Carrot



Garlic



Tomato & Herb Seasoning



Parmesan Cheese



Slow-Cooked Beef Brisket

Prep in: 20-30 mins
Ready in: 30-40 mins

Protein Rich

Calorie Smart

Bolognese isn't the only dish that saucy beef brisket ragu pairs perfectly with. Tonight, enjoy this slow-cooked delight on a bed of garlicky mash and alongside some fresh veggies.

Pantry items

Olive Oil, Brown Sugar, Milk, 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 baking dish · Large saucepan with a lid

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
water*	½ cup	¾ cup
brown sugar*	½ tsp	1 tsp
tomato sugo	1 packet	2 packets
broccoli	1	2
potato	2	4
carrot	1	2
garlic	2 cloves	4 cloves
milk*	2 tbs	¼ cups
butter*	40g	80g
tomato & herb seasoning	1 sachet	2 sachets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2904kJ (694Cal)	384kJ (91Cal)
Protein (g)	48.5g	6.4g
Fat, total (g)	36.8g	4.9g
- saturated (g)	18.9g	2.5g
Carbohydrate (g)	41.2g	5.5g
- sugars (g)	17.7g	2.3g
Sodium (mg)	2167mg	287mg
Dietary Fibre (g)	17.2g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the beef brisket

- Preheat oven to **240°C/220°C fan-forced**.
- Remove **slow-cooked beef brisket** from packaging and discard liquid.
- Place brisket in a medium baking dish and stir in the **water, brown sugar** and **tomato sugo**.
- Cover with foil and roast for **15 minutes**.

4



Steam the veggies

- When potatoes have **8 minutes** remaining, place a colander or steamer basket on top and add **broccoli** and **carrot**.
- Cover and steam until veggies are tender and potatoes can be easily pierced with a fork, **7-8 minutes**.
- Divide **steamed veggies** between serving plates. Drizzle with **olive oil** and season with **salt** and **pepper**.

2



Get prepped

- Meanwhile, bring a large saucepan of salted water to the boil.
- Chop **broccoli** (including stalk!) into small florets.
- Thinly slice **carrot** into half-moons.
- Peel and cut **potato** into bite-sized pieces.
- Peel **garlic** cloves.

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

5



Flavour the brisket

- While the veggies are steaming, remove baking dish from oven. Uncover and sprinkle with **tomato & herb seasoning** and the remaining **butter**, then turn **beef** to coat.
- Roast, uncovered, until browned and heated through, **8-10 minutes**.

3



Make the garlic mash

- Cook **potato** and **garlic** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain **potato** and **garlic** and return to saucepan. Add the **milk** and half the **butter** to potato and season generously with **salt**.
- Mash until smooth. Cover to keep warm.

6



Serve up

- Shred beef brisket with 2 forks and toss in sauce in baking dish.
- Divide garlic mash between plates with steamed veggies.
- Top mash with Italian beef brisket ragu and spoon over remaining sauce from baking dish to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW44



CUSTOM OPTIONS

+ **ADD PARMESAN CHEESE**
Sprinkle over before serving.

+ **DOUBLE SLOW-COOKED BEEF BRISKET**
Follow method above, roasting brisket in a large baking dish.

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

