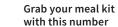


British Roast Beef Brisket & Gravy

with Pumpkin-Potato Toss & Garlic Greens

KID FRIENDLY









Beef Brisket



Nan's Special Seasoning





Pumpkin

Potato









Silverbeet



Gravy Granules





Prep in: 25-35 mins Ready in: 40-45 mins

Calorie Smart





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 \cdot Oven tray lined with baking paper \cdot Large frying pan

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
Nan's special seasoning	1 medium sachet	1 large sachet
pumpkin	1 medium	1 large
potato	1	2
rosemary	1 stick	2 sticks
green beans	1 small packet	1 medium packet
silverbeet	1 medium packet	2 medium packets
garlic	2 cloves	4 cloves
butter*	20g	40g
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup
+		

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2545kJ (608Cal)	375kJ (89Cal)
Protein (g)	42.9g	6.3g
Fat, total (g)	29.6g	4.4g
- saturated (g)	13.9g	2g
Carbohydrate (g)	41.4g	6.1g
- sugars (g)	21.4g	3.2g
Sodium (mg)	1347mg	198mg
Dietary Fibre (g)	12.7g	1.9g

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.



Roast 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.
 Turn beef to coat. Cover with foil and roast for 15 minutes.
- Remove from oven. Uncover, sprinkle over Nan's special seasoning, then turn over beef. Roast, uncovered, until browned and heated through, 8-10 minutes.



Roast the pumpkin & potato

- While the beef is roasting, cut pumpkin and potato into bite-sized chunks.
- Pick and finely chop rosemary.
- Place rosemary, pumpkin and potato on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then roast until tender,
 20-25 minutes.

TIP: Peel the pumpkin if you prefer!



Get prepped

- Meanwhile, trim green beans.
- · Roughly chop silverbeet.
- Finely chop garlic.



Cook the greens

- When the veggies have 10 minutes remaining, boil the kettle.
- In a large frying pan, heat the butter and a drizzle of olive oil over medium-high heat.
- Cook green beans, stirring, until tender,
 4-5 minutes.
- Add garlic and silverbeet and cook until fragrant and wilted, 1 minute. Season to taste.



Make the gravy

 In a medium bowl, combine gravy granules, the boiling water (½ cup for 2 people / 1 cup for 4 people) and brisket juices, whisking, until smooth, 1 minute.



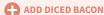
Serve up

- Slice beef.
- Divide British roast beef brisket, garlic greens and pumpkin-potato toss between plates.
- Pour over gravy to serve. Enjoy!









Cook, breaking up with a spoon, 4-6 minutes. Add to gravy. If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

