



British Roast Beef Brisket & Gravy

with Pumpkin-Potato Toss & Garlic Greens

KID FRIENDLY

Grab your meal kit with this number

11



Slow-Cooked Beef Brisket



Nan's Special Seasoning



Pumpkin



Potato



Rosemary



Green Beans



Silverbeet



Garlic



Gravy Granules



Slow-Cooked Beef Brisket



Diced Bacon

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



Protein Rich



Calorie Smart

Spend less time in the kitchen with tonight's beef brisket, which has already been slow-cooked for you! Simply pop it in the oven to roast, then whip up the colourful and comforting sides, plus a rich gravy for the finishing touch.

Pantry items

Olive Oil, 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 or large baking dish · Oven tray lined with baking paper · 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.

1



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**.

4



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.

2



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!

5



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**.

3



Get prepped

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

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



CUSTOM OPTIONS



DOUBLE SLOW-COOKED BEEF BRISKET

Follow method above, cooking in a large baking dish if necessary.



ADD DICED BACON

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.

