



French Beef Brisket & Veggie Ratatouille

with Herby Parmesan Mash

TASTE TOURS

Grab your meal kit
with this number

38



Tomato



Zucchini



Garlic



Parsley



Potato



Tomato Sugo



Thyme



Slow-Cooked
Beef Brisket



Parmesan Cheese



Mushroom Sauce

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

Protein Rich

Bring the aromas of Provence to your dinner table tonight with this impressive combination of melt-in-your-mouth beef brisket, tomatoey ratatouille and a herby Parmesan mash. You'll be craving more mouthfuls of this elevated dish!

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
zucchini	2	4
garlic	2 cloves	4 cloves
parsley	1 packet	1 packet
potato	2	4
tomato sugo	1 packet	2 packets
thyme	1 packet	1 packet
slow-cooked beef brisket	1 medium packet	2 medium packets OR 1 large packet
butter*	40g	80g
milk*	2 tbs	¼ cup
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)	3078kJ (735Cal)	494kJ (118Cal)
Protein (g)	49.5g	7.9g
Fat, total (g)	41.4g	6.6g
- saturated (g)	22.5g	3.6g
Carbohydrate (g)	45.1g	7.2g
- sugars (g)	14.3g	2.3g
Sodium (mg)	1617mg	260mg
Dietary Fibre (g)	9.5g	1.5g

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.



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** and **parsley**.
- Peel **potato**, then 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

- Evenly spoon **tomato sugo** into the bottom of a baking dish, then add **garlic slices**.
- Arrange **tomato** and **sliced zucchini**, standing upright, on top of the sugo. Season with **salt** and **pepper**.
- Top with **thyme** 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 the pan.
- Add the **butter**, **milk**, **parsley** and **Parmesan cheese** to the 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 herby Parmesan mash between bowls, then top with French beef brisket.
- 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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