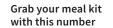


# French Beef Brisket & Veggie Ratatouille

with Herby Parmesan Mash

TASTE TOURS











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Potato

Tomato Sugo





Thyme

Slow-Cooked Beef Brisket



Parmesan Cheese



Mushroom Sauce



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



### 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  $\cdot$  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.



#### 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!



#### 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.



### 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!



# 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.



## 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!

