



BBQ Beef Brisket & Roasted Capsicum Sub

with Mushroom, Creamy Slaw & Loaded Fries

Grab your Meal Kit with this symbol



Slow-Cooked Beef Brisket



All-American Spice Blend



BBQ Sauce



Potato



Capsicum



Shaved Parmesan Cheese



Sliced Mushrooms



Hot Dog Bun



Slaw Mix



Mayonnaise



Pickled Jalapeños (Optional)



Slow-Cooked Beef Brisket

Prep in: 15-25 mins
Ready in: 40-50 mins

Eat Me Early

We've loaded a lot onto these hot dog buns, packed with only the best, slow-cooked beef brisket ever! With the additions of creamy slaw, roast capsicum, sliced mushrooms and jalapeno fries, this one literally packs a punch!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food.

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 packet (300g)	1 packet (600g)
water*	¼ cup	¼ cup
All-American spice blend	1 medium sachet	1 large sachet
BBQ sauce	1 packet	2 packets
potato	2	4
capsicum	1	2
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
sliced mushrooms	1 medium packet	1 large packet
hot dog bun	2	4
slaw mix	1 small bag	1 large bag
mayonnaise	1 medium packet	1 large packet
pickled jalapeños (optional)	1 medium packet	1 large packet
slow-cooked beef brisket**	1 packet (300g)	1 packet (600g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3492kJ (835Cal)	468kJ (112Cal)
Protein (g)	59.6g	8g
Fat, total (g)	32.5g	4.4g
- saturated (g)	10.2g	1.4g
Carbohydrate (g)	70.6g	9.5g
- sugars (g)	26.8g	3.6g
Sodium (mg)	1976mg	265mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4707kJ (1125Cal)	526kJ (126Cal)
Protein (g)	73.7g	8.2g
Fat, total (g)	58.1g	6.5g
- saturated (g)	21.5g	2.4g
Carbohydrate (g)	72.3g	8.1g
- sugars (g)	27g	3g
Sodium (mg)	2386mg	266mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the brisket

- Preheat oven to **240°C/220°C fan-forced**.
- In a baking dish, place **slow-cooked beef brisket** (including the packet liquid!) and the **water**. Cover with foil and roast for **22 minutes**.
- Uncover, then turn **beef** over. Add **All-American spice blend** and **BBQ sauce**. Turn brisket to coat. Roast, uncovered, until browned and heated through, a further **8-10 minutes**.

Custom Recipe: If you've doubled your beef brisket, spread beef brisket between two baking dishes if your dish is getting crowded.

3



Get prepped

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **sliced mushrooms**, stirring, until browned and softened, **6-8 minutes**.
- Slice each **hot dog bun** lengthways down the middle, three-quarters of the way through. Place **buns** directly on a wire oven rack and bake until heated through, **3 minutes**.
- Meanwhile, combine **slaw mix**, **mayonnaise** and a drizzle of **olive oil** in a medium bowl. Season.

2



Bake the fries

- While the brisket is roasting, cut **potato** into fries. Roughly chop **capsicum**.
- Place **fries** on one side of a lined oven tray. Place **capsicum** on the other side. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until just tender, **15-20 minutes**.
- Remove the tray from the oven. Top fries evenly with **shaved Parmesan cheese**. Bake until golden and crispy, a further **5 minutes**.

4



Serve up

- Shred or slice brisket in the baking dish, then add the mushrooms.
- Fill each bun with a helping of creamy slaw, roasted capsicum and mushroom and BBQ beef brisket.
- Sprinkle **pickled jalapeños** (if using) over fries.
- Divide cheesy fries and hot dog buns between plates to serve. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate