



Sticky Beef Brisket & Creamy Garlic Sauce

with Baby Broccoli, Asparagus & Sour Cream Mash

GOURMET

Grab your Meal Kit with this symbol



Slow-Cooked Beef Brisket



Sweet & Savoury Glaze



Potato



Light Sour Cream



Asparagus



Baby Broccoli



Garlic



Thickened Cream



Chicken-Style Stock Powder



Pine Nuts

Prep in: 25-35 mins
Ready in: 40-50 mins

Restaurant quality beef brisket is here to stay and is brought to life when paired with an easy creamy and garlicky sauce. A side of greens will lighten up the meal and will perfectly balance out the sour cream mash.

Pantry items

Olive Oil, Butter

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 baking dish · Large saucepan · 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
sweet & savoury glaze	1 medium packet	1 large packet
potato	2	4
butter*	40g	80g
light sour cream	1 medium packet	1 large packet
asparagus	1	2
baby broccoli	1 bunch	2 bunches
garlic	2 cloves	4 cloves
thickened cream	1 medium packet	2 medium packets
chicken-style stock powder	½ medium sachet	1 medium sachet
pine nuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3523kJ (842Cal)	509kJ (122Cal)
Protein (g)	41.6g	6g
Fat, total (g)	56.7g	8.2g
- saturated (g)	30g	4.3g
Carbohydrate (g)	39.7g	5.7g
- sugars (g)	17.9g	2.6g
Sodium (mg)	1298mg	187mg

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.

Fancy a drop?

We recommend pairing this meal with Cabernet Sauvignon or Sangiovese

1



Bake the brisket

- Preheat oven to **240°C/220°C fan-forced**.
- Place **slow-cooked beef brisket** in a medium baking dish.
- Pour liquid from packaging over **beef**. Cover with foil and roast for **15 minutes**.
- Remove from oven. Uncover, pour over **sweet & savoury glaze**, then turn over **beef**, to coat. Bake, uncovered, until browned and heated through, **8-10 minutes**.

4



Cook the greens

- When brisket has **10 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**.
- Cook **asparagus** and **baby broccoli** until tender, **5-6 minutes**. Transfer to serving plates, season and cover to keep warm.

TIP: Add a dash of water to the pan to help speed up the cooking process.

2



Make the mash

- Meanwhile, boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** and **light sour cream** to potato and season with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.

5



Make the sauce

- Return frying pan to a medium heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**.
- Stir in **thickened cream** and **chicken-style stock powder** (see ingredients). Simmer until thickened, **1-2 minutes**. Season with **pepper**.

3



Get prepped

- While potatoes are cooking trim ends of **asparagus**.
- Trim **baby broccoli** and halve lengthways.
- Finely chop **garlic**.

6



Serve up

- Slice beef brisket.
- Divide sticky beef brisket and sour cream mash between plates with veggies.
- Pour over creamy garlic sauce. Sprinkle over **pine nuts** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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