



American-Style Beef Brisket

with Sweet Potato Fries & Ranch Slaw

Grab your Meal Kit with this symbol



Slow-Cooked Beef Brisket



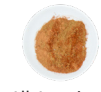
Sticky Meat Glaze



Ranch Dressing



Garlic Aioli



All-American Spice Blend



Sweet Potato Fries



Sweetcorn



Slaw Mix

Prep in: **5-15 mins**
Ready in: **40-50 mins**

Naturally Gluten-Free
Not suitable for coeliacs

Brisket typically needs plenty of patience for a tender result, but not when you have our slow-cooked beef brisket handy! Around 30 minutes is all it needs to roast to perfection, while you pop the ready-to-bake SP fries in the oven and toss the slaw. Too easy.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium or large baking dish - Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked beef brisket	1 packet (300g)	1 packet (600g)
All-American spice blend	1 medium sachet	1 large sachet
sticky meat glaze	1 medium packet	1 large packet
water*	¼ cup	½ cup
sweet potato fries	1 medium packet	1 large packet
sweetcorn	1 tin (125g)	1 tin (300g)
slaw mix	1 small bag	1 large bag
ranch dressing	1 packet	2 packets
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3074kJ (735Cal)	544kJ (130Cal)
Protein (g)	37.7g	6.7g
Fat, total (g)	37.4g	6.6g
- saturated (g)	8.1g	1.4g
Carbohydrate (g)	57.8g	10.2g
- sugars (g)	30.1g	5.3g
Sodium (mg)	1444mg	256mg

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



2



3



Roast the beef

- Preheat oven to **240°C/220°C fan-forced**.
- Place **slow-cooked beef brisket** in a baking dish. Pour **liquid** from brisket packaging over **beef**. Sprinkle with **All-American spice blend**.
- Pour **sticky meat glaze** and the **water** over **beef**. Stir to combine. Cover with foil, then roast for **22 minutes**.
- Remove from oven. Uncover, then turn over **beef**. Roast, uncovered, until browned and heated through, a further **8-10 minutes**.

Bake the fries & toss the slaw

- While the beef is roasting, place **sweet potato fries** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.
- When the brisket has **5 minutes** remaining, drain **sweetcorn**.
- In a medium bowl, combine **slaw mix**, **corn**, **ranch dressing** and a drizzle of **olive oil**. Toss to coat. Season to taste.

Serve up

- Divide American-style beef brisket, sweet potato fries and ranch slaw between plates.
- Spoon any remaining sauce from the baking dish over the beef.
- Serve with **garlic aioli**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW23



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