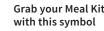


# Sweet & Sticky Beef Brisket with Fries & Chargrilled Capsicum Salad











Beef Stock



Sticky Meat



Chargrilled Capsicums





**Mustard Cider** Dressing



Prep in: 10-20 mins Ready in: 40-50 mins

**Calorie Smart** 



In this three-step recipe, an already slow-cooked beef brisket is the real MVP; while it finishes in the oven with a couple of other shortcut ingredients, all you have to do is bake the pre-cut fries and toss the salad, which has a lovely sweet and smokey flavour from the chargrilled capsicums.

**Pantry items** 

Olive Oil

## Before you start

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

#### 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*	1/4 cup	1/4 cup
sticky meat glaze	1 medium packet	1 large packet
beef stock pot	1 packet (20g)	1 packet (40g)
potato fries	1 medium bag	1 large bag
chargrilled capsicums	1 packet	2 packets
spinach & rocket mix	1 medium bag	1 large bag
mustard cider dressing	½ packet	1 packet

<sup>\*</sup>Pantry Items

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2098kJ (501Cal)	456kJ (109Cal)
Protein (g)	35.5g	7.7g
Fat, total (g)	17.9g	3.9g
- saturated (g)	6.5g	1.4g
Carbohydrate (g)	44.9g	9.8g
- sugars (g)	13.2g	2.9g
Sodium (mg)	1624mg	353mg

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.



#### Roast the brisket

- Preheat oven to 240°C/220°C fan-forced.
- Place **slow-cooked beef brisket** (including packaging liquid!) in a baking dish.
- Pour the water and sticky meat glaze over beef. Gently stir in beef stock pot.
- · Cover with foil, then roast for 22 minutes.
- Remove from oven. Uncover, then turn beef over. Return to oven to roast, uncovered, until browned and heated through, a further 8-10 minutes.
- · Set aside to rest for 5 minutes.



### Bake the fries & toss the salad

- Once the brisket has been roasting for 10-12 minutes, place potato fries on a lined
- Drizzle **fries** with **olive oil**, season with **salt** and **pepper** and toss to coat.
- · Bake fries until tender, 20-25 minutes.
- While the brisket is resting, combine chargrilled capsicums, spinach & rocket mix, mustard cider dressing (see ingredients) and a drizzle of olive oil in a medium bowl. Season to taste.



## Serve up

- · Slice the sweet and sticky beef brisket.
- Divide brisket, fries and chargrilled capsicum salad between plates.
- Spoon over any remaining glaze from the baking dish to serve. Enjoy!

