



Sweet & Sticky Beef Brisket

with Fries & Chargrilled Capsicum Salad

Grab your Meal Kit
with this symbol



Slow-Cooked
Beef Brisket



Sticky Meat
Glaze



Beef Stock
Pot



Potato Fries



Chargrilled Capsicums



Spinach & Rocket
Mix



Mustard Cider
Dressing



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



Naturally Gluten-Free
Not suitable for coeliacs



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'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 · 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
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

*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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW25



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2



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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 oven tray.
- 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!

Rate your recipe

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