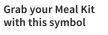


Sweet & Sticky Beef Brisket with Fries & Tomato Salad







Tomato

Salad Leaves





Slow-Cooked Beef Brisket

Sticky Meat Glaze



Beef Stock Pot

Potato Fries





Mustard Cider Dressing



Pantry items Olive Oil

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

Calorie Smart

Naturally Gluten-Free *Not suitable for coeliacs*

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, bake the pre-cut fries and toss the salad, which gets a lovely sharpness from the mustard cider dressing.

W

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 \cdot Oven tray lined with baking paper

Ingredients

U		
	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked beef brisket	1 packet (300g)	1 packet (600g)
sticky meat glaze	1 medium packet	1 large packet
water*	1⁄4 cup	¼ cup
beef stock pot	1 packet (20g)	1 packet (40g)
potato fries	1 medium bag	1 large bag
tomato	1	2
salad leaves	1 medium bag	1 large bag
mustard cider	1/2 nacket	1 packet

1/2 packet

1 packet

dressing

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2098kJ (501Cal)	455kJ (109Cal)
Protein (g)	35.5g	7.7g
Fat, total (g)	17.9g	3.9g
- saturated (g)	6.5g	1.4g
Carbohydrate (g)	44.9g	9.7g
- sugars (g)	13.2g	2.9g
Sodium (mg)	1624mg	352mg

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 **sticky meat glaze** and the **water** over **beef**. Gently stir in **beef stock pot**. Cover with foil, then roast for **22 minutes**.
- Remove from oven. Turn **beef** over. Return to oven, uncovered, and roast until browned and heated through, a further **8-10 minutes**.
- Set aside to rest for **5 minutes**.

Bake the fries & toss the salad

- While the brisket is roasting, place potato fries on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat. Bake fries until tender, 20-25 minutes.
- While the brisket is resting, roughly chop **tomato**. In a medium bowl, combine **tomato**, **salad leaves**, **mustard cider dressing** (see ingredients) and a drizzle of **olive oil**. Season to taste.

Serve up

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

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