



Sweet & Sticky Beef Brisket

with Fries & Tomato Salad

Grab your Meal Kit with this symbol



Tomato



Salad Leaves



Slow-Cooked Beef Brisket



Sticky Meat Glaze



Beef Stock Pot



Potato Fries



Mustard Cider Dressing

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

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

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)
sticky meat glaze	1 medium packet	1 large packet
water*	¼ 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 dressing	½ packet	1 packet

*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.

1



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**.

2



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.

3



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!

We're here to help!

Scan here if you have any questions or concerns



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