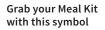


# Slow-Cooked Beef Brisket & Parmesan Mash

with Lemony Baby Broccoli & Red Wine Jus

GOURMET

CHRISTMAS SPECIAL









Beef Brisket

Potato



Grated Parmesan Cheese



Lemon





Flaked Almonds

Baby Broccoli

Red Wine

Parsley



Prep in: 25-35 mins Ready in: 35-45 mins

There's no rush to make this delectable dinner when it barely takes any time but it will look like it took you all day. With pre-slowcooked beef brisket drizzled in a red wine jus and balanced with fresh zesty baby broccoli to add colour and flavour, this dish will amaze everyone at the table.

#### **Pantry items**

Olive Oil, Butter, Milk

#### Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

 $\label{eq:medium} \mbox{Medium or large baking dish} \cdot \mbox{Medium saucepan} \cdot \\ \mbox{Large frying pan}$ 

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked beef brisket	1 packet	1 packet
potato	2	4
butter*	40g	80g
milk*	2 tbs	⅓ cup
grated Parmesan cheese	1 medium packet	1 large packet
lemon	1/2	1
baby broccoli	1 bag	2 bags
flaked almonds	2 packets	4 packets
red wine jus	1 medium packet	1 large packet
parsley	1 bag	1 bag

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4055kJ (969Cal)	705kJ (168Cal)
Protein (g)	38.5g	6.7g
Fat, total (g)	71.2g	12.4g
- saturated (g)	32.5g	5.6g
Carbohydrate (g)	41.9g	7.3g
- sugars (g)	20.4g	3.5g
Sodium (mg)	843mg	146mg

The quantities provided above are averages only.

## **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## Fancy a drop?

We recommend pairing this meal with Pinot Noir or Shiraz



## Bake the beef brisket

- Preheat oven to 240°C/220°C fan-forced.
  Boil the kettle.
- Place slow-cooked beef brisket in a baking dish. Pour liquid from packaging over beef.
   Cover tightly with foil and bake for 12 minutes.
- Turn beef, then re-cover with foil and bake until heated through and liquid has slightly reduced, a further 12 minutes.



#### Make the mash

- Meanwhile, half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Peel potato and cut into large chunks.
- Cook potato in boiling water, over high heat, until easily pierced with a fork, 12-15 minutes.
   Drain and return to pan.
- Add the butter, milk and grated Parmesan cheese to the potato. Mash until smooth.
   Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!



# Get prepped

- Cut **lemon** into wedges. Halve any thicker stalks of **baby broccoli** lengthways.
- Heat a large frying pan over medium-high heat.
  Toast flaked almonds, tossing, until golden,
  2-3 minutes. Set aside.



## Cook the baby broccoli

- Return the frying pan to medium-high heat with a drizzle of olive oil. Cook baby broccoli until tender. 5-6 minutes.
- Remove pan from heat and add a generous squeeze of **lemon juice**. Season to taste.



# Make the sauce

 Meanwhile, pour red wine jus into a small microwave-safe bowl. Microwave in 30 second bursts until warmed through. Season to taste.



## Serve up

- Slice slow-cooked beef brisket. Divide beef brisket, Parmesan mash and lemony baby broccoli between plates.
- Tear over parsley leaves. Garnish baby broccoli with flaked almonds.
- Serve with red wine jus and remaining lemon wedges. Enjoy!

