



Slow-Cooked Beef Brisket & Parmesan Mash

with Lemony Baby Broccoli & Red Wine Jus

GOURMET

CHRISTMAS SPECIAL

Grab your Meal Kit with this symbol



Slow-Cooked Beef Brisket



Potato



Grated Parmesan Cheese



Lemon



Baby Broccoli



Flaked Almonds



Red Wine Jus



Parsley

Recipe Update

We've replaced the roasted hazelnuts in this recipe with flaked almonds due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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-slow-cooked 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

Medium or large baking dish · Medium saucepan · 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	¼ cup
grated Parmesan cheese	1 medium packet	1 large packet
lemon	½	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

*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

1



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**.

4



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.

2



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!

5



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.

3



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.

6



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!

We're here to help!

Scan here if you have any questions or concerns



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