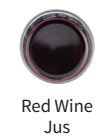
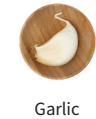
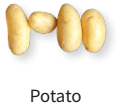


# Slow-Cooked Beef Brisket & Parmesan Mash

with Honey Rainbow Carrots & Rosemary Red Wine Jus

Grab your Meal Kit with this symbol



 **Recipe Update**

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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 sweet honey glazed carrots to add colour and flavour, this dish will amaze everyone at the table.

**Pantry items**  
Olive Oil, Butter, Milk, Honey

## 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 saucepan · Medium baking dish · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
slow-cooked beef brisket	1 packet	1 packet
baby rainbow carrots	1 bunch	2 bunches
potato	2	4
garlic	2 cloves	4 cloves
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
<b>butter*</b> (for the mash)	40g	80g
<b>milk*</b>	2 tbs	¼ cup
lemon	½	1
rosemary	2 sticks	4 sticks
roasted hazelnuts	1 packet	2 packets
<b>butter*</b> (for the veggies)	10g	20g
<b>honey*</b>	1 tsp	2 tsp
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)	4522kJ (1081Cal)	702kJ (168Cal)
Protein (g)	37.1g	5.8g
Fat, total (g)	79.4g	12.3g
- saturated (g)	35.9g	5.6g
Carbohydrate (g)	51.1g	7.9g
- sugars (g)	25.2g	3.9g
Sodium (mg)	929mg	144mg

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](https://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 Syrah or Pinot Noir.



## Bake the beef brisket

- Preheat oven to **240°C/220°C fan-forced**. Bring a medium saucepan of salted water to the boil.
- 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**.



## Get prepped

- Cut **lemon** into wedges. Pick and finely chop **rosemary**. Roughly chop **roasted hazelnuts**.
- In a small heatproof bowl, add **butter (for the veggies)** and microwave in **10 second** bursts until melted.



## Roast the carrots

- Meanwhile, trim green tops from **baby rainbow carrots**, then scrub them clean (halve any thick carrots lengthways).
- Place **carrots** on a lined oven tray and drizzle with **olive oil**. Season with **salt** and **pepper** and toss to coat. Spread out evenly and roast until tender, **15-20 minutes**.



## Finish the carrots

- When the carrots have **5 minutes** remaining, add **hazelnuts**, the **honey**, melted **butter** and a squeeze of **lemon juice** to the oven tray. Gently toss **carrots** to combine, then continue roasting until tender and caramelised.
- Meanwhile, pour **red wine jus** and **rosemary** into a second small heatproof bowl. Microwave in **30 second** bursts until warmed through.



## Make the garlic mash

- Meanwhile, peel **potato** and cut into large chunks. Crush **garlic** with flat side of a knife and peel.
- Add **potato** and **garlic** to the boiling water and cook until easily pierced with a fork, **10-15 minutes**. Drain, then return **potato** and **garlic** to the pan.
- Add **grated Parmesan cheese**, **butter (for the mash)** and the **milk**, then season with **salt**. Mash until smooth. Cover to keep warm.



## Serve up

- Slice slow-cooked beef brisket. Divide beef brisket, Parmesan mash and honey rainbow carrots between plates.
- Tear over **parsley** and serve with rosemary red wine jus and remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW33



## Rate your recipe

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Let them know what you thought: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)