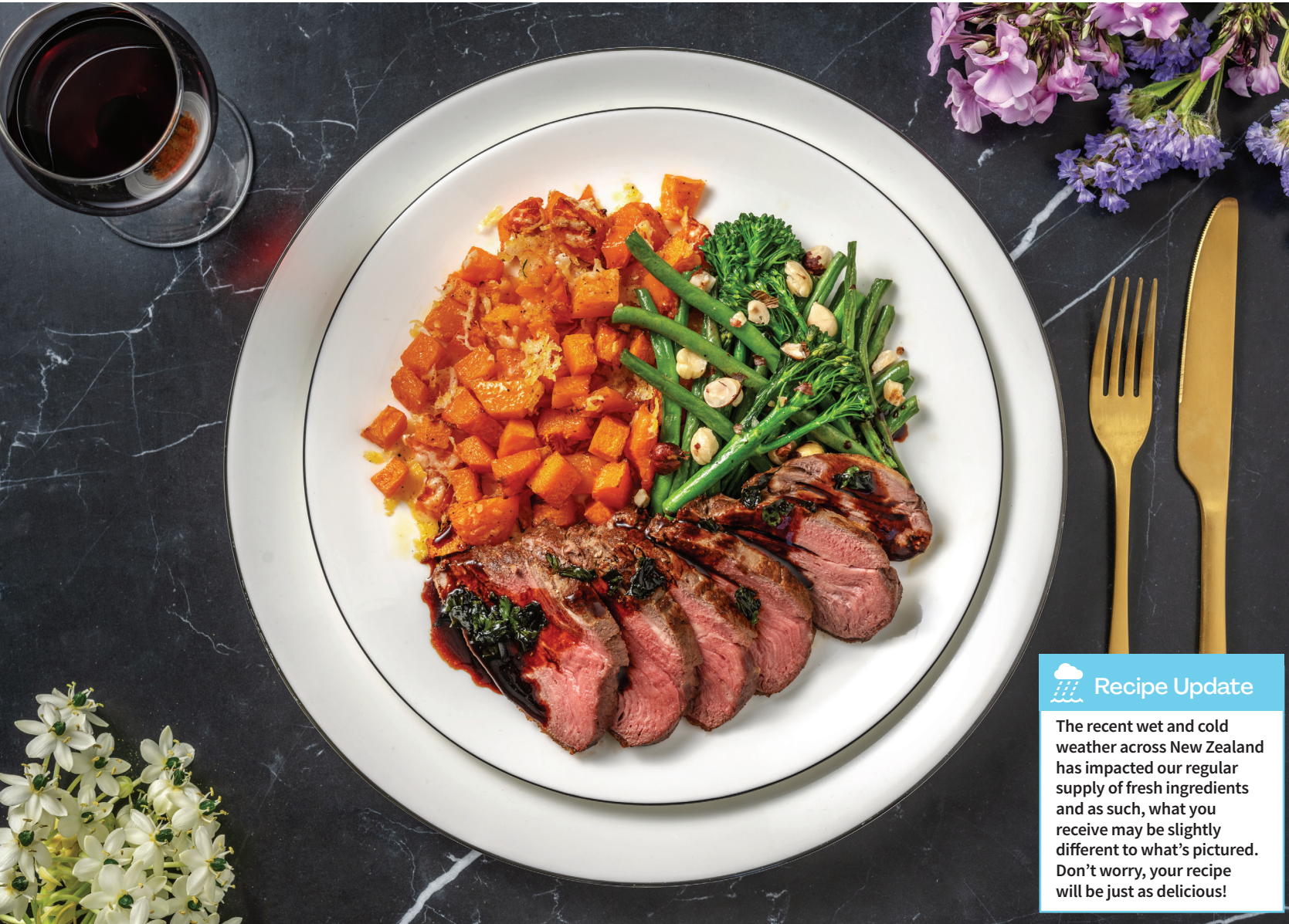


Slow-Cooked Beef & Red Wine Jus Sauce

with Parmesan-Roasted Pumpkin & Nutty Veggies

Grab your Meal Kit with this symbol



Thyme



Garlic



Broccoli



Carrot



Roasted Hazelnuts



Parsley



Slow-Cooked Beef Bistro



Peeled Pumpkin Pieces



Grated Parmesan Cheese



Red Wine Jus

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: 30-40 mins
Ready in: 45-55 mins

Carb Smart

Smokey beef brisket that's already been slow-cooked to tender perfection should always be served drizzled in a rich red wine jus sauce and accompanied by cheesy roast pumpkin. Together this trio of flavour will blow your tastebuds away.

Pantry items

Olive Oil, Butter

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 baking dish · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked beef bistro	1 packet	1 packet
thyme	1 bag	1 bag
peeled pumpkin pieces	1 packet (400g)	1 packet (800g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
garlic	3 cloves	6 cloves
broccoli	1 head	2 heads
carrot	1	2
roasted hazelnuts	1 packet	2 packets
parsley	1 bag	1 bag
red wine jus	1 medium packet	1 large packet
butter*	10g	20g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2104kJ (503Cal)	370kJ (88Cal)
Protein (g)	39.9g	7g
Fat, total (g)	26.1g	4.6g
- saturated (g)	8.1g	1.4g
Carbohydrate (g)	22.3g	3.9g
- sugars (g)	14.6g	2.6g
Sodium (mg)	473mg	83mg
Dietary Fibre (g)	8.4g	1.5g

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 Malbec or Cabernet Sauvignon.



Roast the beef

- Preheat oven to **240°C/220°C fan-forced**.
- Add **slow-cooked beef bistro** (discarding the liquid from the packaging) to a baking dish and cover tightly with foil. Roast for **20 minutes**.
- Remove the foil, then turn **beef** and roast, uncovered, until browned and heated through, a further **20 minutes**.



Cook the veggies

- When the beef has **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook **carrot** and **broccoli** until tender, **4-5 minutes**.
- Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Season to taste. Transfer to serving plates and cover to keep warm.

TIP: Add a dash of water to help speed up the cooking process.



Roast the pumpkin

- Meanwhile, pick **thyme** leaves. Place **peeled pumpkin pieces** on a lined oven tray.
- Sprinkle over **thyme**, season with **salt**, drizzle with **olive oil** and toss to coat. Roast until tender, **25-30 minutes**.
- In the last **5 minutes** of cook time, remove from the oven, sprinkle with **grated Parmesan cheese** and bake until golden and crispy.

TIP: If your oven tray is crowded, divide between two trays.



Make the sauce

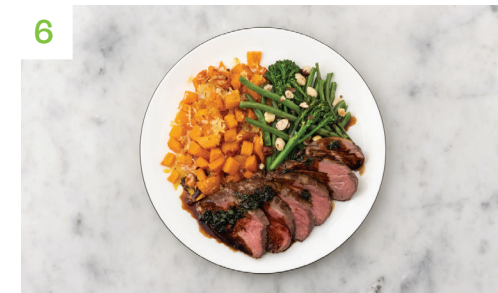
- Return the frying pan to medium heat with a drizzle of **olive oil**. Cook remaining **garlic** until fragrant, **1 minute**.
- Add **red wine jus**, the **butter** and a splash of **water** and simmer until slightly thickened, **1-2 minutes**.
- Remove pan from heat, then stir through **parsley**. Season to taste.

TIP: Add more water if the sauce looks too thick.



Get prepped

- While the pumpkin is roasting, finely chop **garlic**.
- Cut **broccoli** into small florets, then roughly chop the stalk. Thinly slice **carrot** into half-moons. Roughly chop **roasted hazelnuts** and **parsley**.



Serve up

- Slice slow-cooked beef. Divide beef, Parmesan-roasted pumpkin and veggies between plates.
- Pour red wine jus sauce over beef. Garnish veggies with hazelnuts to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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