











Brisket Style Beef in Red Wine Sauce with Mashed Potato and Green Beans

Quick 20-25 Minutes • 2 of your 5 a day

8



-  Potatoes
-  Carrot
-  Onion
-  Green Beans
-  Slow Cooked Beef
-  Red Wine Jus Paste
-  Red Wine Stock Paste
-  Tomato Puree

Pantry Items
Oil, Salt, Pepper, Sugar, Butter

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, baking tray, colander, potato masher and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Carrot**	1	2	2
Onion**	1	2	2
Green Beans**	150g	200g	300g
Slow Cooked Beef**	280g	420g	560g
Red Wine Jus Paste 10 14	15g	22g	30g
Red Wine Stock Paste 14	28g	42g	56g
Tomato Puree	30g	45g	60g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	663g	100g
Energy (kJ/kcal)	2597 /621	392 /94
Fat (g)	18.8	2.8
Sat. Fat (g)	9.4	1.4
Carbohydrate (g)	74.0	11.2
Sugars (g)	20.8	3.1
Protein (g)	41.7	6.3
Salt (g)	3.52	0.53

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

10 Celery **14** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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The Fresh Farm
60 Worship St, London EC2A 2EZ



Get Started

- Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.
- Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel).
- Pour the **boiled water** into a large saucepan with **½ tsp salt**.
- Add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.



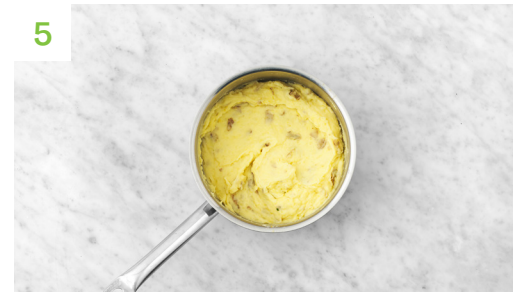
Sauce Things Up

- Once the **veg** has softened, add the **beef** and its **juices**, **red wine jus paste**, **red wine stock paste**, **tomato puree**, **sugar** and **water for the sauce** (see pantry for both amounts) to the pan. **TIP:** *If your red wine jus paste has hardened, pop it in a bowl of hot water for 1 min.*
- Season with **salt** and **pepper**.
- Simmer until thickened, 4-5 mins. **IMPORTANT:** *Ensure the beef is piping hot throughout.*
- Once thickened, stir in the **butter** (see pantry for amount) until melted. Add a splash of **water** if it's a little too thick.



Prep the Veg

- Meanwhile, trim the **carrot**, then halve lengthways (no need to peel). Slice widthways into pieces about 1cm thick.
- Halve, peel and chop the **onion** into small pieces.
- Heat a drizzle of **oil** in a large saucepan on medium-high heat.
- Once hot, add the **onion** and **carrot**. Fry until softened, 6-7 mins.



Mash Time

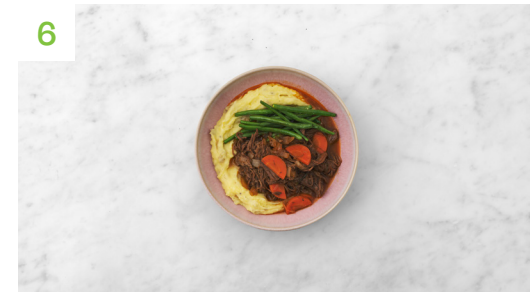
- Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.
- Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth.
- Season with **salt** and **pepper**. Cover with a lid to keep warm.



Bring on the Beans

- While the **veg** is frying, trim the **green beans**, then spread them out on a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**.
- When the oven is hot, roast on the top shelf until tender, 8-10 mins.
- Meanwhile, remove the **beef** from the packet and cut into 2cm chunks (reserve the **juices** in the packet to add later).

If you'd prefer to boil your green beans, boil them in step 4 while the sauce simmers for 4-6 mins, until tender.



Serve Up

- Share the **brisket style beef** between your bowls.
- Serve the **mash** and **green beans** alongside.

Enjoy!