



Smoky Beef Brisket





5m
Preparation Time



4h
Cooking Time



4
Serves

Ingredients:

- 2 tablespoons smoked paprika
- 2 tablespoons cumin
- 1 tablespoon brown sugar
- ¼ tsp cayenne pepper
- 2 cups Beef stock
- 3 garlic cloves, peeled
- 2 bay leaves crushed
- 12 eschallots, peeled
- ½ bunch thyme
- 1.2 kg beef brisket

Method:

- Pre-heat oven to 150°C.
- Combine dried spices and brown sugar and rub into brisket.
- Place brisket in a large baking tray with beef stock, garlic, bay leaves, eschallots and thyme. Cover with foil. Cook for 4 hours or until tender.
- Serve with smoky BBQ sauce, coleslaw and pickles serve.

Do you like this recipe? You might be interested in more recipes developed by Amie Harper, food and nutrition expert – www.thinkpei.com.au

Nutrition:	Per serve (4 serves total)	Per 100g
Energy	3721kJ	808kJ
Protein	105g	23g
Fat total	47g	10g
Saturated fat	17g	4g
Monounsaturated fat	21g	5g
Polyunsaturated fat	3g	0.74g
Trans fat	2g	0.42g
Very long chain N3 fatty acids	0.32g	0.07g
Carbohydrates	12g	3g
Sugars	6.81g	1g
Fibre	6g	1g
Sodium	826mg	180mg

Notes

The nutritional content stated in each recipe has been calculated using a nutritional labelling tool by FoodWorks 9 Professional. Please note the stated nutritional content is an estimate only, and may vary depending on the quality and amounts of ingredients used. For more information on the nutritional content of your food, please consult your dietitian for advice.