



RECIPE CARD
MEAT ON | THE FOOD DESIGN STUDIO

JAMES ST, BURLEIGH | GRICE AVENUE, PARADISE POINT
WWW.MEATON.COM.AU

MOJS: Slow Cooked Beef Brisket with Pasta

Serves: 1 medium sized bowl of slow cooked beef brisket

Dietary Callouts: Gluten Free & Nut Free

Ingredients:

1.40g Bass Strait Beef Brisket
400g can of cherry tomatoes
1 large onion, peeled and diced
3 large cloves of garlic, peeled and minced
3 tablespoons brown sugar
250ml liquid beef stock or broth
Enough water to just cover the top of the brisket pieces
Sea salt and cracked black pepper

To Serve as a pasta:

150g (2x person serve) Rummo Penne Rigate Pasta,
cooked as per packet instructions
½ cup grated parmesan or romano cheese
Sea salt & freshly cracked black pepper

Method:

Remove the beef from the packet and slice it into 4 even sized pieces.

Heat a large frying pan over a high temperature.

Add 2 tablespoons of oil to the pan.

Add the beef pieces - all at once, if they will fit - skin side down in the pan and brown / seal the beef for around 5 minutes before turning to brown / seal the other side.

Place the sealed pieces of beef into a large 6-7L slow cooker pot. Top with the remaining ingredients, leaving the water till last.

Pour enough water into the slow cooker pot to just cover the top of the beef.

Set the slow cooker machine on LOW for 6-8 hours.

The beef is ready when a piece is removed, placed on a wooden board, and you can easily pull the meat away to reveal a cooked inside.

Stir the beef brisket in with the cooked pasta, add some of the cooking sauce from the slow cooker pot and top with grated parmesan cheese to serve as an easy pasta meal that the whole family can enjoy.

