

# DINNERLY



## Brisket-Style Braised Beef & Carrots with Mashed Yukon Gold Potatoes



30-40min



2 Servings

Brisket with beef AND veggies? No, we're not crazy—we're geniuses. Tender, caramelized carrots and onions are cooked in a deeply savory sauce, then paired with creamy mashed Yukon gold potatoes (also known as the best kind of potatoes to mash). Who knew a plate full of veggies could look this good? We've got you covered!

## WHAT WE SEND

- 3 Yukon gold potatoes
- 1 yellow onion
- 2 carrots
- ½ lb pkg ready to heat shredded beef <sup>1,6</sup>
- 6 oz tomato paste
- 2 oz barbecue sauce
- ¼ oz fresh thyme
- ¼ oz fresh parsley

## WHAT YOU NEED

- kosher salt & ground pepper
- ⅓ cup milk <sup>7</sup>
- butter <sup>7</sup>
- olive oil

## TOOLS

- medium saucepan
- medium pot
- potato masher or fork

## ALLERGENS

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

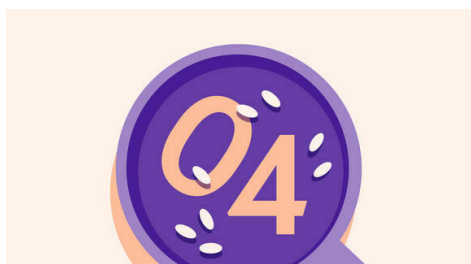
## NUTRITION PER SERVING

Calories 840kcal, Fat 37g, Carbs 109g, Protein 27g



### 1. Boil potatoes

Peel **potatoes**, if desired; cut into 1-inch pieces. Place in a medium saucepan with enough **salted water** to cover by 1 inch. Cover and bring to a boil over high heat. Uncover, reduce heat to medium-high, and cook until easily pierced with a fork, 10–12 minutes. Drain potatoes and return to saucepan off heat with **⅓ cup milk** and **3 tablespoons butter**. Cover to keep warm until step 5.



### 4. Build sauce, cook carrots

To pot with **onions**, add **BBQ sauce** and **1 cup water**; bring to a simmer. Season to taste.

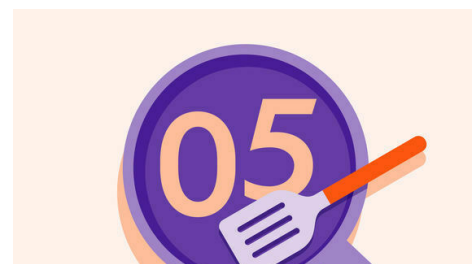
Return **carrots** to pot along with **beef** and **3 thyme sprigs**. Cover, reduce heat to a simmer, and cook until carrots and beef are tender, 25–30 minutes. Uncover; cook, stirring, until sauce is slightly reduced, about 5 minutes.



### 2. Prep veggies

Halve **onion** and thinly slice.

Halve **carrots** lengthwise, then cut lengthwise into 4-inch long pieces. Use your fingers or two forks to break up **beef** into bite-sized pieces.



### 5. Finish & serve

While **carrots** and **beef** cook, coarsely chop **parsley leaves and stems**, removing any large bits of stem. Mash **potatoes** with a potato masher or fork. Season to taste with **salt** and **pepper**. Discard **thyme sprigs** from stew.

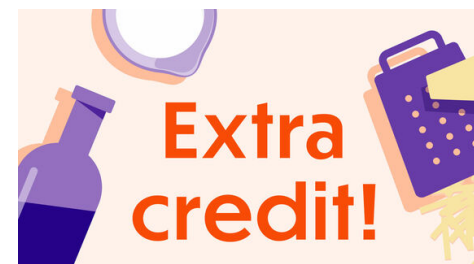
Serve **mashed potatoes** topped with **brisket-style braised carrots and beef**. Garnish with **chopped parsley**, as desired. Enjoy!



### 3. Caramelize veggies

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **carrots** and cook, without stirring, until browned, 2–3 minutes per side. Transfer to a plate.

In same pot, heat **1 tablespoon oil**; add **onions** and cook, stirring occasionally, until tender and browned, 3–5 minutes. Add **3 tablespoons tomato paste**; cook, stirring, until caramelized, 2–3 minutes.



### 6. Did you know?

In 2020, as a part of our carbon offsetting efforts, we completed an afforestation project in Uruguay, which planted 44,000 new trees to help fight climate change.