

Easy slow-cooked beef and Guinness brisket



★★★★★

0:20 Prep • 4:40 Cook • 8 Servings • Easy

Feed a crowd with this meltingly tender slow-cooked **beef** and guinness brisket, served with buttered beans.

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~~WAS \$13.50~~
 SAVE \$3.50

\$10 ea


Gluten Free Short Cut
 Bacon Rindless 750g
 \$13.33 per 1kg
 Special available from
 17/07/19 to 23/07/19

~~WAS \$35~~
 SAVE \$4

\$31 kg


Beef Scotch Fillet Steak
 approx. 600g pack
 \$31.00 per 1kg
 Special available from
 17/07/19 to 23/07/19

Prices available at displayed Coles store, may not be available at other stores or coles.com.au. Specials commence at 7am on start date, but may start before or extend beyond displayed dates. While stocks last. We reserve the right to limit sale quantities. Multi save price only available when purchased in the multiples specified.

Prices accurate as at: 17/07/2019

INGREDIENTS

- ☐ 2 tablespoons extra virgin olive oil
- ☐ 1.5kg piece beef brisket
- ☐ 1 leek, trimmed, halved, chopped
- ☐ 2 carrots, diced
- ☐ 3 hickory smoked middle bacon rashers, trimmed, finely chopped
- ☐ 1/4 cup tomato paste
- ☐ 3 sprigs fresh thyme
- ☐ 2 garlic cloves, crushed
- ☐ 2 dried bay leaves
- ☐ 375ml bottle Guinness
- ☐ 1 cup Massel beef style liquid stock

BUTTERED BEANS

- ☐ 50g butter
- ☐ 2 small red chillies, finely chopped
- ☐ 400g green beans, trimmed
- ☐ 1/4 cup chopped fresh flat-leaf parsley leaves
- ☐ 1 tablespoon chopped fresh dill

METHOD

- Step 1

Preheat oven to 160C/140C fan-forced.
- Step 2

Heat 1/2 the oil in a large heavy-based, flameproof casserole dish over medium-high heat. Cook beef for 5 minutes each side or until browned. Transfer to a plate.
- Step 3

Heat remaining oil in same dish over medium heat. Add leek, carrot and bacon. Cook, stirring occasionally, for 10 minutes or until leek has softened. Add tomato paste, thyme, garlic and bay leaves. Cook, stirring, for 1 minute or until fragrant. Stir in Guinness and stock. Season with pepper.
- Step 4

Return beef to dish. Cover. Bring to the boil. Transfer dish to oven. Bake for 4 hours, turning beef halfway through cooking.
- Step 5

Remove and discard thyme and bay leaves. Roughly shred beef in dish. Bake, uncovered, for a further 15 minutes or until tender.
- Step 6

Meanwhile, make buttered beans. Melt butter in a large frying pan over medium-high heat. Add chilli. Cook, stirring, for 30 seconds. Add beans. Cook, tossing, for 5 minutes or until beans are bright green and just tender. Remove from heat. Add parsley and dill. Season with salt and pepper. Toss to coat. Serve brisket with cauliflower mash and buttered beans.

NUTRITION

1812 kj ENERGY	22.1g FAT TOTAL	9.3g SATURATED FAT	4g FIBRE	45.2g PROTEIN
128mg CHOLESTEROL	640mg SODIUM	6.8g CARBS (TOTAL)		

All nutrition values are per serve

COMMENTS & RATINGS

★★★★★

Easy Slow Cooked Recipe

PortiaCook

566 days ago

This is the first slow cooked meal I've ever made and it turned out perfect.

Like Comment

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