

## MRF MEDITERRANEAN STYLE BRISKET WITH GREMOLATA



Serves 6

20 mins preparation time

150 mins cooking time

### INGREDIENTS

- 1.5 kg rolled beef brisket
- 2 tbsp. olive oil
- ½ cup (125ml) beef stock
- 1 tbsp. red wine vinegar
- 400g can diced tomatoes
- 1/3 cup (60g) pitted Kalamata olives, sliced
- 4 garlic cloves, crushed
- 1 red onion, thinly sliced
- 2 carrots, peeled, cut into 1 cm dice
- 2 stalks celery, cut 1 cm dice
- 1 red capsicum, cut into 1 cm dice
- 2 oregano leaves, finely chopped
- 1 tbsp. rosemary leaves, finely chopped
- 1 cup parsley leaves, finely chopped
- Zest and juice of 1 lemon
- Creamy mashed potato, steamed green beans to serve

### METHOD

1. Preheat oven to 170°C (150° fan-forced).
2. Heat half the oil in a large casserole dish over medium-high heat. Season brisket and sear for 2 - 3 mins each side or until browned. Set aside on a plate.
3. Heat remaining oil over medium heat and cook half the garlic, onion, carrot, capsicum, celery, for 4 - 5 mins or until softened. Add tomatoes, vinegar, stock, oregano, rosemary. Return beef to dish, bring to the boil, cover and transfer to the oven. Season and cook for 2 to 2 ¼ hours, or until tender, basting brisket occasionally with sauce. Rest beef loosely covered with foil for 10 mins before slicing. Stir olives through sauce, reducing on stovetop if desired.
4. Meanwhile, place remaining garlic, parsley, lemon zest and juice in a bowl. Season and stir to combine to make the gremolata.
5. Thinly slice brisket. Serve with sauce, creamy mash, gremolata and green beans.

### TIPS

1. Swap creamy mash for sweet potato mash or polenta.
2. Spice up the sauce with some fresh chilli.

