

BBQ Brisket on Brioche

The name says it all in this one. Tender, smoky, beef brisket smothered in our delicious BBQ sauce, topped with tangy & sweet brussels sprouts slaw, and resting inside the softest brioche roll we could find. With sautéed veggies on the side, it's the flavors of a down home barbeque, cooked up Meez style!

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Brussels Sprout Slaw
Slaw Dressing
Corn & Peppers
Beef Brisket
Brioche
BBQ Sauce

Good to Know

Health snapshot per serving – 695 Calories, 35g Protein, 35g Fat, 11 Freestyle Point

Lighten Up snapshot per serving – 600 Calories, 32g Protein, 32g Fat, 8 Freestyle Point served open face with half the slaw dressing.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Beef Brisket, Brioche, BBQ Sauce, Brussels Sprouts, Corn, Bell Peppers, Cubanelle Peppers, Cabbage, Carrots, Green Onion, Red Onion, Mayo, White Wine Vinegar, Lemon, Garlic, Brown Sugar, Ground Black Pepper.

meezmeals

1. Assemble the Slaw

Combine the **Brussels Sprouts Slaw** and the white **Slaw Dressing** with 1 Tbsp olive oil in a mixing bowl. Stir thoroughly, cover and place in the refrigerator until Step 5.

2. Cook the Veggies

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Corn & Peppers** and cook until the corn turns golden brown and the veggies start to blister, about 6 to 8 minutes. Remove from the heat and set aside. Wipe out the skillet.

3. Heat the Beef Brisket

Return the skillet to the stove with 1 Tbsp olive oil over medium heat. Add the **Beef Brisket** and stir until it is hot, about 3 minutes. Remove from the heat and set aside. Wipe out the skillet.

4. Toast the Brioche Rolls

Return the skillet to the stove over medium heat. Lightly brush the inside of both halves of the **Brioche** and place, olive oil side down, in the skillet. Toast until it turns golden brown. Repeat for each roll.

5. Put It All Together

Spread a healthy layer of **BBQ Sauce** on the bottom half of the toasted brioche roll, then add a heaping portion of brisket and smother with more BBQ sauce. Place the Brussels sprouts slaw on top the BBQ brisket and cover with the top half of the brioche roll. Serve alongside the sautéed veggies and enjoy!

WARNING: This meal will be messy. No one will judge you if you want to eat it with a fork and knife!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois