

Corned Beef Brisket With Roasted Vegetables And Lemon-Mustard Sauce

Enjoy Corned Beef Brisket with roasted carrots, parsnips, cabbage and a lemony sauce.

INGREDIENTS

- 1 Corned Beef Brisket Boneless with seasoning packet (3-1/2 to 4 pounds)
- 6 medium cloves garlic, peeled
- 2 teaspoons black peppercorns
- 2 cups water
- 1 pound carrots, cut into 2-1/2 x 1/2-inch pieces
- 1 pound parsnips, cut into 2-1/2 x 1/2-inch pieces
- 1 pound Savoy cabbage, cut into 4 wedges
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 recipe Lemon-Mustard Sauce



4.00
Hours



10
Servings



42 Cal




24g
Protein

COOKING

1. Position oven racks in upper and lower thirds of oven. Heat oven to 350°F.
2. Place Corned Beef Brisket in roasting pan; sprinkle garlic, contents of seasoning packet and peppercorns around brisket. Add water; cover tightly with aluminum foil. Braise in upper third of 350°F oven 3 to 3-1/2 hours or until brisket is fork-tender.
3. Meanwhile, place carrots, parsnips and cabbage on rimmed baking sheet. Drizzle with oil and toss gently to coat. Season with salt and ground pepper. Cover with aluminum foil. Roast in lower third of 350°F oven with brisket 55 minutes. Uncover; continue roasting 10 to 15 minutes or until vegetables are tender and begin to brown.
4.

Remove brisket from roasting pan. Carve diagonally across the grain into thin slices. Serve with roasted vegetables and Lemon-Mustard Sauce.
5. **Lemon-Mustard Sauce:** Heat 1 tablespoon olive oil in small saucepan over medium heat. Add 2 tablespoons finely chopped shallot; cook and stir about 2 minutes or until tender. Remove from heat; cool 1 minute. Stir in 2/3 cup dairy sour cream, 1/3 cup Dijon-style mustard, 1 tablespoon lemon juice, 1 tablespoon chopped fresh dill and 1 teaspoon honey. Season with 1/4 teaspoon each salt and pepper. Cover; set aside.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
10		29.6g	125mg		18g	24g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com