











Rosemary Roast Beef and Red Wine Jus

with Roast Potatoes, Honeyed Root Veg and Garlicky Green Beans

Roast 45-50 Minutes • 2 of your 5 a day



-  Beef Roasting Joint
-  Potatoes
-  Carrot
-  Parsnip
-  Dried Rosemary
-  Green Beans
-  Garlic Clove
-  Flaked Almonds
-  Red Wine Jus Paste
-  Honey

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, baking tray, saucepan, colander, garlic press, bowl, aluminium foil, frying pan and lid.

Ingredients

Ingredients	2P	3P	4P
Beef Roasting Joint**	400g	600g	800g
Potatoes	700g	900g	1400g
Carrot**	1	2	2
Parsnip**	1	2	2
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Green Beans**	200g	350g	400g
Garlic Clove**	1	2	2
Flaked Almonds 2)	15g	25g	30g
Red Wine Jus Paste 10) 14)	30g	44g	60g
Honey	15g	30g	30g

Pantry	2P	3P	4P
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Water for the Jus*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	769g 4325/1034	100g 563/134
Fat (g)	51.4	6.7
Sat. Fat (g)	20.9	2.7
Carbohydrate (g)	88.6	11.5
Sugars (g)	19.3	2.5
Protein (g)	58.1	7.6
Salt (g)	2.49	0.32

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts 10) Celery 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepping

Preheat your oven to 240°C/220°C fan/gas mark 9.
Boil a full kettle.

Remove the **beef joint** from your fridge to allow it come up to room temperature. Pour enough **oil** into a deep baking tray to cover the bottom and pop into the oven.

Peel the **potatoes**, then chop into 3cm chunks.

Pour the **boiled water** into a large saucepan on high heat with **½ tsp salt**. Boil the **potatoes** for 5-6 mins or until the edges are soft.

Meanwhile, trim the **carrot** and **parsnip**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.



Red Wine Jus Time

Meanwhile, wipe out the (now empty) **potato** pan and pop on medium heat. Once hot, add the **flaked almonds** and dry-fry, stirring regularly, until lightly toasted, 3-4 mins. **TIP:** Watch them like a hawk as they can burn easily.

Once toasted, transfer to a small bowl and pour the **water for the jus** (see pantry for amount) into the pan. Bring to the boil on high heat, stir in the **red wine jus paste**, then reduce the heat to medium. Allow the **sauce** to bubble and thicken, stirring regularly, 10-12 mins. Set aside.

When the **beef** is ready, rest it, wrapped loosely in foil, for at least 10 mins before slicing.

IMPORTANT: The beef is safe to eat when the outside is browned and cooked.



Roast the Potatoes

When the **potatoes** are ready, drain in a colander and sprinkle on the **flour** (see pantry for amount).

Shake to fluff up the **potatoes**, then carefully add them to the hot baking tray, turning in the **oil**.

Season with **salt**, then roast on the top shelf until golden, 30-35 mins. Turn halfway through.

Meanwhile, trim the **green beans**. Peel and grate the **garlic** (or use a garlic press).



Cook the Beans

Once the **beef** is out of the oven, drizzle the **honey** over the **root veg** and toss together. Roast for a further 5 mins. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Stir in the **garlic**, then turn the heat down to medium and cook for 1 min. Add a splash of **water** and immediately cover with a lid or some foil.

Cook the **beans** until tender, 4-5 mins, then remove from the heat. Season with **salt** and **pepper**.



Bring on the Beef and Veg

Transfer the **beef** to a baking tray. Drizzle with **olive oil** and season generously with **salt, pepper** and the **dried rosemary**. **IMPORTANT:** Wash your hands and equipment after handling raw meat.

Add the **carrots** and **parsnips** to the same tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. **TIP:** Use another tray if needed.

Roast on the middle shelf of your oven for 20-25/30-35 mins (depending on size) for medium-rare. Add an extra 5 mins if you like your **beef** more well done.



Slice and Serve

When everything's ready, reheat the **red wine jus** if needed. Thinly slice the **beef** and share between your plates.

Serve the **roast potatoes, honey glazed root veg** and **garlicky green beans** alongside.

Scatter with the **toasted flaked almonds** and spoon over the **jus** to finish.

Enjoy!