

Rosemary Roasted Beef and Gravy

with Roast Potatoes, Cheesy Leeks and Garlicky Beans

ROAST 90 Minutes • 1.5 of your 5 a day











Green Beans



Rosemary



Garlic Clove





Beef Roasting Joint





Cheddar Cheese



Soured Cream



Breadcrumbs



Red Wine Stock Pot



Original Onion Marmalade

Before you start

Basic cooking tools, you will need:

Two Saucepans, Baking Tray, Fine Grater (or Garlic Press), Colander, Roasting Tray, Frying Pan, Coarse Grater, Ovenproof Dish and Measuring Jug.

Ingredients

	2P	3P	4P
Potato**	750g	1.15kg	1.4kg
Leek**	2	3	4
Green Beans**	1 small pack	1 large pack	2 small packs
Rosemary**	½ bunch	1 bunch	1 bunch
Garlic Clove**	1 clove	2 cloves	2 cloves
Plain Flour 13)	24g	36g	48g
Beef Roasting Joint	450g	675g	900g
Butter 7) **	30g	45g	60g
Cheddar Cheese 7)**	1 block	1½ blocks	2 blocks
Soured Cream 7)**	150g	225g	300g
Breadcrumbs 13)	10g	20g	20g
Water for the Gravy*	400ml	600ml	800ml
Red Wine Stock Pot 14)	1 pot	1½ pots	2 pots
Original Onion Marmalade	1 small pot	1 large pot	1 large pot

^{*}Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	965g	100g
Energy (kJ/kcal)	4872/1165	505/121
Fat (g)	56	6
Sat. Fat (g)	30	3
Carbohydrate (g)	99	10
Sugars (g)	19	2
Protein (g)	66	7
Salt (g)	2.50	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

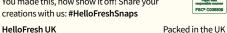
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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1. Prep the Potatoes

Bring a large saucepan of water to the boil with ½ tsp of salt. Preheat your oven to 200°C. Pour a large glug of oil into a large roasting tray. Pop it onto the top shelf of your oven to warm up. Peel the potatoes, chop them into 3cm chunks. Carefully add the potatoes to the boiling water and cook for 5-6 mins or until the edges have softened when you poke them with a knife. Trim the root and the dark green leafy part from the leeks. Halve lengthways then thinly slice. Trim the green beans. Pick the rosemary leaves from their stalks and roughly chop (discard the stalks). Peel and grate the garlic (or use a garlic press).



4. Start the Leek

Heat half the butter and a drizzle of oil in a frying pan on medium heat. Once the butter has melted, add the leek and season with salt and pepper. Fry until completely softened, 8-10 mins. Stir occasionally. Meanwhile, grate the Cheddar cheese. Once the leeks are soft, stir in the soured cream and cheese. Stir until the cheese has melted, then taste and add salt and pepper if you feel it needs it. Transfer to a shallow ovenproof dish, sprinkle over the breadcrumbs and drizzle with oil. Bake in your oven on the middle shelf until the crumbs are brown, 10-15 mins (once the beef has been removed).



2. Cook the Potatoes

Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on **half** the **flour** and season with **salt**. Give your pan a shake to fluff them up. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Season with **salt**. Roast the **potatoes** on the top shelf of your oven until golden, 45-50 mins, turn halfway through. **TIP:** If the potatoes are cooked before everything else is ready, move the potatoes to the bottom shelf to keep warm.



3. Roast the Beef

Meanwhile, pop the **beef** on a roasting tray. Drizzle with **oil**, using your hands to coat it. Sprinkle over the **rosemary** and use your hands to evenly distribute it. Season with **salt** and **pepper**. Roast the **beef** on the middle shelf of your oven for **2P: 30-35 mins** // **3P: 35-40** // **4P: 40-45 mins** (depending on size) for medium rare. Add an extra 5 mins if you like your **beef** more cooked. **IMPORTANT:** Wash your hands after handling raw meat. Once cooked, transfer the **beef** to a carving board and rest wrapped loosely in foil for at least 10 mins before slicing. **IMPORTANT:** The beef is safe to eat when the outside is no longer pink.



5. Make the Gravy

Meanwhile, put a medium sized saucepan on medium heat and add the remaining butter. Allow the butter to melt, then stir in the remaining flour to create a smooth paste. You've made a roux! Cook, stirring until the roux is a brown colour, 2-3 mins, then gradually stir in the water (see ingredients for amount), red wine stock pot and onion marmalade. Bring to the boil, carefully stirring out any lumps that form. Lower the heat and simmer until the gravy has thickened to your liking, 15-20 mins. Add a splash of water if necessary.



6. Finish Up!

Wash out your frying pan, then pop on medium high heat with a drizzle of oil. Once hot, add the beans and season with salt and pepper. Stir fry until charred and starting to soften, 2-3 mins. Add a splash of water and cook until tender, 1-2 mins. Stir in the garlic and cook for one minute more, remove from the heat. Once everything is ready (reheat the gravy if you need to), thinly slice the beef and arrange on plates. Serve the veggies and potatoes alongside. Add any beef resting juices or some water to the gravy to loosen it up if necessary, spoon over.

Enjoy!