



Rosemary Roasted Beef and Gravy

with Roast Potatoes, Cheesy Leeks and Garlicky Beans

ROAST 90 Minutes • 1.5 of your 5 a day

No. 26



-  Potato
-  Leek
-  Green Beans
-  Rosemary
-  Garlic Clove
-  Plain Flour
-  Beef Roasting Joint
-  Butter
-  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.

Contact

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Packed in the UK



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.**



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.



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.**



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!