



Christmas Roast Beef and Red Wine Gravy

with Giant Pigs in Blankets, Roast Potatoes, Red Cabbage and Hazelnut Beans

Roast 75 Minutes • 1.5 of your 5 a day



- Potatoes
- Red Cabbage
- Green Beans
- Hazelnut
- Rosemary
- Plain Flour
- Beef Roasting Joint
- Bacon
- Honey Mustard Sausages
- Butter
- Redcurrant Jelly
- Red Wine Stock Paste

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan and Lid, Chopping Board, Sharp Knife, Colander, Baking Tray x3, Aluminium Foil, Measuring Jug and Frying Pan.

Ingredients

	2P	3P	4P
Potatoes**	700g	1.15kg	1.4kg
Red Cabbage**	1 small pack	1 small pack	1 large pack
Green Beans**	1 small pack	1 large pack	2 small packs
Hazelnut 2)	1 small pack	1 large pack	1 large pack
Rosemary**	½ bunch	1 bunch	1 bunch
Plain Flour 13)	24g	36g	48g
Beef Roasting Joint**	450g	675g	900g
Bacon**	4 rashers	6 rashers	8 rashers
Honey Mustard Sausages 9) 14 **	4	6	8
Butter 7 **	30g	45g	60g
Redcurrant Jelly	1 pot	1 pot	2 pot
Red Wine Stock Paste 14)	1 sachet	1 sachet	2 sachets
Water for Gravy*	400ml	600ml	800ml
Water for the Cabbage*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	982g	100g
Energy (kJ/kcal)	5755/1376	586/140
Fat (g)	137	14
Sat. Fat (g)	29	3
Carbohydrate (g)	101	10
Sugars (g)	21	2
Protein (g)	82	8
Salt (g)	5.09	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens


2) Nut **7**) Milk **9**) Mustard **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 Par-Boil!

Preheat your oven to 200°C. Pour a good glug of **oil** onto a baking tray and pop in your oven. Bring a large saucepan of **water** to the boil on high heat with a 0.5 tsp of salt. Peel the **potatoes**, chop them into 4cm chunks. Carefully add the **potatoes** to the boiling water and cook for 7-8 mins or until the edges have softened when you poke them with a knife. Meanwhile, halve the **cabbage** and remove the core. Thinly slice. Trim the **green beans**. Roughly chop the **hazelnuts**. Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks).



4 Cabbage Time!

Whilst everything roasts, wash out your potato pan and pop back onto medium high heat with a drizzle of **oil** and **half the butter**. Once the **butter** has melted, add the **cabbage**, season with **salt** and **pepper**, and stir fry until starting to soften, 4-5 mins. Add the **redcurrant jelly** and **water** (see ingredients for both amounts). Stir and bring to a simmer, then reduce the heat to medium low, cover with a lid and leave to cook until the **cabbage** is tender, 10-12 mins. Stir twice in this time. Once tender, remove the lid, increase the heat to medium and cook until the liquid has reduced, 4-5 mins. Remove from the heat (you can reheat later if necessary).



2 Roast the Potatoes

Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on **half the flour** and **half the rosemary**. Give your pan a shake to fluff up the **potato**. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil** (which will be very hot!). Season with **salt**. Roast the **potatoes** on the top shelf of your oven until golden, 45-50 mins, turning halfway through.



5 Make the Gravy

Meanwhile, when the potatoes have 20 mins left, pop the **sausages** on the bottom shelf of your oven and bake until browned and cooked through, about 20 mins. **IMPORTANT: The sausages are cooked when no longer pink in the middle.** Meanwhile, pop a saucepan on medium high heat and the remaining **butter**. Allow the **butter** to melt, then stir in the remaining **flour**. You've made a roux! Cook until the **roux** is a golden brown colour and gradually stir in the **water** (see ingredients for amount) and **red wine stock paste**. Bring to the boil, stirring out any lumps that form. Lower the heat and simmer until the **gravy** has thickened to your liking, 10-15 mins.



3 Roast the Beef

Meanwhile, pop the **beef** on a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Sprinkle over the remaining **rosemary** and rub it into the **meat**. Wrap 1 rasher of **bacon** around each **sausage**. Starting at the top, spiral the **bacon** down the **sausage** so it covers the whole thing. Pop onto a separate baking tray, cover and set aside. **IMPORTANT: Wash your hands after handling raw meat.** Roast the **beef** on the middle shelf of your oven for **2P: 30-35 mins, 3P: 35-40 mins, 4P: 40-45 mins** (depending on size) for medium rare. Add an extra 5 mins if you like your **beef** more cooked. Rest 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.**



6 Finish and Serve!

Once you've taken the **beef** out of your oven to rest, heat a drizzle of **oil** in a frying pan on medium high heat. Add the **beans** and **hazelnuts**, season with **salt** and **pepper** and stir fry until starting to go golden, 3-4 mins. Add a splash of **water**, immediately cover with a lid or some tin foil and leave to steam fry until tender, 3-4 more mins. Add any **beef resting juices** to the **gravy** if it needs thinning slightly and to add some flavour, reheat if necessary. Season the **red cabbage** to taste with **salt** and **pepper** and reheat if necessary. Slice the **beef** thinly and add to the plate along with the **veggies** and **potatoes**. Pour over the **gravy**.

Enjoy!