



Roast Beef and Red Wine Jus

with Roast Potatoes, Honey Roasted Carrots & Parsnips and Bacon Charred Cabbage

ROAST Hands on Time: 60 Minutes • Total Time: 90 Minutes • 3 of your 5 a day

No. 26



Potato



Carrot



Parsnip



Rosemary



Plain Flour



Beef Roasting Joint



Honey



Butter



Red Wine Stock Pot



Sweetheart Cabbage



Bacon Lardons



Red Wine Vinegar

Before you start

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

Basic cooking tools, you will need:

Three Baking Trays, Saucepan, Peeler, Colander, Measuring Jug and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Carrot**	2	3	4
Parsnip**	2	3	4
Rosemary**	½ bunch	1	1
Plain Flour 13)	24g	36g	48g
Beef Roasting Joint**	450g	675g	900g
Honey	1 sachet	1½ sachets	2 sachets
Butter 7)	30g	45g	60g
Water for the Gravy*	400ml	600ml	800ml
Red Wine Stock Pot 14)	1 pot	1½ pots	2 pots
Sweetheart Cabbage**	1	1.5	2
Bacon Lardons**	60g	90g	120g
Red Wine Vinegar 14)	1 sachet	1 sachet	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	1255g	100g
Energy (kJ/kcal)	4998/1195	398/95
Fat (g)	45	4
Sat. Fat (g)	21	2
Carbohydrate (g)	127	10
Sugars (g)	42	3
Protein (g)	71	6
Salt (g)	3.01	0.24

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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You can recycle me!



Packed in the UK



1. Start the Potatoes

Preheat your oven to 200°C. Pour a good glug of **oil** onto a baking tray and pop on the top shelf of your oven. Bring a large saucepan of **water** to the boil on high heat with ½ tsp of **salt**. Peel the **potatoes** and chop them into 4cm chunks. Add them to the boiling water and cook for 7-8 mins or until the edges have softened when you poke them with a knife. Trim the **carrots** and **parsnips**, then halve lengthways (no need to peel). Chop both into roughly 1cm wide, 5cm long batons. Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks).



4. Cook the veg!

Meanwhile, pop the **carrots** and **parsnips** onto a baking tray. Drizzle with **oil**, **honey** and the remaining **rosemary**. Season with **salt** and **pepper**. Toss and bake on the bottom shelf of the oven, until tender, 30-35 mins. Turning halfway. Meanwhile, put a saucepan on medium-high heat, add **half the butter**. Allow 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 medium brown colour, gradually stir in the **water** (see ingredients for amount) and **red wine stock pot**. 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.



2. Roast the Potatoes

Once the **potatoes** are ready, drain in a colander, pop back into the pan and 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**. Season with **salt**. Roast the **potatoes** on the top shelf of your oven until golden, 45-50 mins. Turn halfway through.



5. Cook the Cabbage

Quarter the **sweetheart cabbage** lengthways. About 10 mins before the **beef** comes out of the oven, heat the remaining **butter** and a drizzle of **oil** in a large frying pan over medium-high heat. Add the **cabbage** and cook until golden brown, 3-4 mins each cut side. Once the **beef** has come out of the oven and is resting, pop the **cabbage** on the tray it was on and roast until tender, 9-10 mins (don't wash up the frying pan). Return the frying pan to medium high heat, add the **bacon lardons** and cook, stirring, until golden brown all over, 3-4 mins. Add the **red wine vinegar** and cook until evaporated. Once the **cabbage** is cooked, pour the **bacon** mixture over it and set aside.



3. Roast the Beef

Season the **beef** with **salt** and **pepper**. Transfer to a baking tray. **IMPORTANT: Wash your hands after handling raw meat.** Roast on the middle shelf of your oven for 30-35/35-40/40-45 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. Serve!

When 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!