



Roast Beef and Rosemary Roasties

with Sticky Roots, Cavolo Nero and Onion Gravy

Nº 20

ROAST Hand on Time: 40 Minutes • Total Time: 80 Minutes • 3 of your 5 a day



Potato



Red Onion



Rosemary



Parsnip



Carrot



Butter



Dried Thyme



Flour



Beef Roasting Joint



Beef Stock Powder



Cavolo Nero



Redcurrant Jelly



Honey

Before you start

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

Basic cooking tools you will need:

Two Baking Trays, Large Saucepan, Peeler two Frying Pans, Colander, Foil and Measuring Jug.

Ingredients

	2P	3P	4P
Potato**	900g	1150g	1400g
Red Onion**	1	2	2
Rosemary**	1 bunch	1 bunch	1 bunch
Parsnip**	2	3	4
Carrot**	3	4	6
Butter 7)**	30g	45g	60g
Dried Thyme	1 small pot	¾ large pot	1 large pot
Flour 13)	24g	36g	48g
Beef Roasting Joint	450g	675g	900g
Water for Gravy*	400ml	600ml	800ml
Beef Stock Powder	1 sachet	1½ sachets	2 sachets
Cavolo Nero**	1 small pack	1 medium pack	1 large pack
Redcurrant Jelly	1 pot	2 pots	2 pots
Honey	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	1152g	100g
Energy (kJ/kcal)	4820 / 1152	403 / 96
Fat (g)	40	3
Sat. Fat (g)	19	2
Carbohydrate (g)	142	12
Sugars (g)	41	3
Protein (g)	64	5
Salt (g)	2.10	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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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 in your oven. Bring a large saucepan of **water** to the boil on high heat with ¼ tsp of **salt**. Peel the **potatoes**, chop them into 4cm chunks. Halve, peel and thinly slice the **onion**. Pick the **rosemary leaves** from their stalks and finely chop (discard the stalks). Peel and trim the **parsnips** and **carrots**. 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.



4. Roast the Beef

Season the **beef** with **salt**, **pepper** and the remaining **thyme**. Transfer to the baking tray with the **potatoes** (or another baking tray if the potato one is already quite full). **IMPORTANT:** Wash your hands after handling raw meat. Roast in the oven for **2P: 35mins 3P: 45mins 4P: 55 mins** for medium rare. Add an extra 5mins 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.



2. Start the Gravy

Heat a splash of **oil** in a frying pan over medium-low heat and add **half** of the **butter**. Stir in the **onion** and cook, stirring frequently until soft and caramelised, 15-20 mins. Lower the heat if the **onions** are browning too quickly. Meanwhile, chop the **parsnips** and **carrots** into roughly 1cm wide, 5cm long batons. Arrange on another baking tray and drizzle with **oil**. Season with **salt**, **pepper** and **half** of the **dried thyme**. Toss to coat.



5. Roast the Roots

Meanwhile, roast the **roots** in the middle of the oven until soft and golden at the edges, 30-40 mins. When the **onions** are soft and golden, sprinkle on the remaining **flour** and stir to coat. Cook the **flour** for a minute, then gradually stir in the **water** (see ingredients for amount), and **beef stock powder**. Bring to the boil, stirring out any lumps that may form. Lower the heat and simmer until the **gravy** has thickened to your liking, 12-15 mins.



3. Roast the Potatoes

Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on the **rosemary** and **half** the **flour**. Give your pan a shake to fluff up the **potatoes**. Take your hot baking tray out of your oven, carefully transfer the **potatoes** onto it in a single layer, turning in the **oil**. Sprinkle over a pinch of **salt**. Roast the **potatoes** on the top shelf of your oven for 45-50 mins, turning halfway through.



6. Finish Off

Pop a frying pan on to medium heat with the remaining **butter** and **cavolo nero** and stir-fry for 2 mins. Season with **salt** and **pepper** then add a splash of **water**. Cover with a lid or foil and cook until tender, 2-3 mins. When you're ready to serve, reheat the **gravy** and stir in the **redcurrant jelly**. Drizzle the **honey** on the **roots**, toss to coat and reheat if necessary. Slice the **beef** and arrange on your plates. Pop the **roasties**, **carrots**, **parsnips** and **cavolo nero** alongside. Finish with lashings of **onion gravy**.

Enjoy!