



# Roast Beef & Festive Mulled Wine Spices

with Braised Shallot, Garlicky Brussel Sprouts and Red Wine Jus



N° 20

**PREMIUM** Hands on Time: 45 Minutes • Total Time: 80 Minutes • 2.5 of your 5 a day



Potato



Shallot



Carrot



Brussels Sprouts



Garlic Clove



Thyme



Flour



Peppercorn



Beef Roasting Joint



Chicken Stock Powder



Red Wine Sauce



Butter



Walnuts



Lemon



Orange



Star Anise



Cardamom Pod



Cinnamon Stick

## Before you start

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

### Basic cooking tools, you will need:

Baking Tray, Large Saucepan, Peeler, Fine Grater (or Garlic Press), Colander, Frying Pan, Measuring Jug and Small Saucepan.

### Ingredients

	2P	3P	4P
Potato**	900g	1.15kg	1.4kg
Shallot**	2	3	4
Carrot**	2	3	4
Brussels Sprouts**	1 small pack	1 large pack	2 small packs
Garlic Clove**	1	1	2
Thyme	½ bunch	¾ bunch	1 bunch
Flour <b>13)</b>	24g	36g	48g
Peppercorn	2 pots	3 pots	4 pots
Beef Roasting Joint**	450g	675g	900g
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Water for the Shallots*	100ml	150ml	200ml
Red Wine Sauce <b>10) 14)</b>	25g	37g	50g
Water for the Sauce*	250ml	370ml	500ml
Butter <b>7)</b>	30g	45g	60g
Walnuts <b>2)</b>	1 small pot	¾ large pot	1 large pot

### Mulled Wine Ingredients

Lemon	1	1	1
Orange	1	1½	2
Sugar	75g	75g	150g
Star Anise	2	3	4
Cardamon Pod	4	6	8
Cinnamon Stick	1	2	2
Red Wine*	750ml	1.125ltr	1.5ltr

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	6216g	100g
Energy (kJ/kcal)	5303/1268	85/20
Fat (g)	45	1
Sat. Fat (g)	19	1
Carbohydrate (g)	154	2
Sugars (g)	59	1
Protein (g)	68	1
Salt (g)	2.61	0.04

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**2)** Nut **7)** Milk **10)** Celery **13)** Gluten **14)** Sulphites

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.



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## 1. Do the Prep

Preheat your oven to 200°C. Pour a 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 pinch of **salt**. Peel the **potatoes**, chop them into 4cm chunks. 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 **shallots** lengthways and peel. Trim and peel the **carrots**, quarter lengthways and chop widthways into small pieces.



## 4. Shallot Time

Heat a splash of **oil** in a frying pan over a medium-high heat. Add the **shallots**, cut side down and cook until browned, 3-4 mins. In a jug, stir the **stock powder** into the **water** for the shallots (see ingredients for amount). Transfer the **shallots** to a small ovenproof dish, sprinkle on **half** the **thyme** and pour on the **stock**. Pop on the bottom shelf of your oven and bake until soft and sweet, 20-25 mins.



### MULLED WINE RECIPE

Peel the lemon and orange with a potato peeler. Halve the orange and squeeze the juice into a large saucepan, add the lemon and orange peel, along with the sugar, star anise, cardamon pods and cinnamon sticks. Pour over the wine and heat gently until the sugar has dissolved, stirring occasionally. Bring to the boil, then remove from the heat and leave to infuse for 15 mins (or longer). When ready to drink, warm it back up and pour into mugs - Enjoy! It can also be stored in the fridge and reheated when you want it if you have any leftover.



## 2. Roast the Potatoes

Halve the **brussels sprouts**. Peel and grate the **garlic** (or use a garlic press). Pick the **thyme leaves** from their stalks and roughly chop (discard the stalks). Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on **half** the **flour**. 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 for 45-50 mins, turn halfway through. Keep the saucepan, we'll use it again later.



## 5. Finish Off

Put a small saucepan on medium heat and add the **water** for the sauce (see ingredients for amount), stir in the **red wine jus** and bring to a simmer. When everything in the oven has 10 mins left, melt the **butter** in the saucepan you used for the **potatoes** over medium heat and add the **carrots**. Stir and cook until beginning to soften, 3-4 mins. Add the **Brussels sprouts**, **garlic** and remaining **thyme**, cook for a minute and then add a splash of **water**. Cover with a lid or foil and cook until the **veggies** are tender, another 5 mins.



## 3. Cook the Beef

Crush the **peppercorns** in a freezer bag with the base of a saucepan and transfer them to a plate. Roll the **beef** in the **pepper**, season with **salt** and a drizzle of **oil**, then transfer to a baking tray. Roast in the oven for **2p: 35 mins 3p: 45 mins 4p: 55 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 cooked.**



## 6. Serve

Arrange the **veggies** on the plates and crumble over the **walnuts**. Add the **roasties**. Thinly slice the **beef** and arrange alongside. Pop the **shallots** on top of the **beef** and finish with the **red wine jus**.

Enjoy!

