

# Bank Holiday Rosemary Roast Beef and Red Wine Jus with Roast Potatoes, Honeyed Carrots and Garlicky Green Beans

Roast 55-60 Minutes • 3 of your 5 a day



British Beef  
Roasting Joint



Potatoes



Carrot



Green Beans



Garlic Clove



Dried Rosemary



Red Wine  
Jus Paste



Honey

**Pantry Items**

Oil, Salt, Pepper, Plain Flour, Olive Oil



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Kettle, baking tray, saucepan, colander, garlic press, aluminium foil, frying pan and lid.

## Ingredients

Ingredients	2P	3P	4P
Bristish Beef Roasting Joint**	400g	600g	800g
Potatoes	700g	900g	1400g
Carrot**	3	5	6
Green Beans**	150g	200g	300g
Garlic Clove**	1	2	2
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Red Wine Jus Paste <b>(10) 14)</b>	30g	44g	60g
Honey	15g	30g	30g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Water for the Jus*	300ml	450ml	600ml

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>968g</b>	<b>100g</b>
Energy (kJ/kcal)	4273/1021	441/106
Fat (g)	47.1	4.9
Sat. Fat (g)	20.6	2.1
Carbohydrate (g)	97.4	10.1
Sugars (g)	22.8	2.4
Protein (g)	55.5	5.7
Salt (g)	2.26	0.23

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**10)** Celery **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## Get Prepping

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

Remove the **beef joint** from your fridge to allow it come up to room temperature. Pour enough **oil** into a deep baking tray to cover the bottom and pop into the oven.

Peel the **potatoes**, then chop into 4cm chunks.

Pour the **boiled water** into a large saucepan on high heat with **½ tsp salt**. Boil the **potatoes** for 7-8 mins or until the edges are soft.

Meanwhile, trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.



## Red Wine Jus Time

Meanwhile, wipe out the (now empty) potato pan. Pour the **water for the jus** (see pantry for amount) into the pan and bring to the boil on high heat.

Stir in the **red wine jus paste**, then reduce the heat to medium. **TIP: If your red wine jus paste has hardened, pop it in a bowl of hot water for 1 min.**

Allow the **sauce** to bubble and thicken, stirring regularly, 10-12 mins. Set aside.

When the **beef** is ready, rest it, wrapped loosely in foil, for at least 5 mins before slicing. **IMPORTANT: The beef is safe to eat when browned on the outside.**



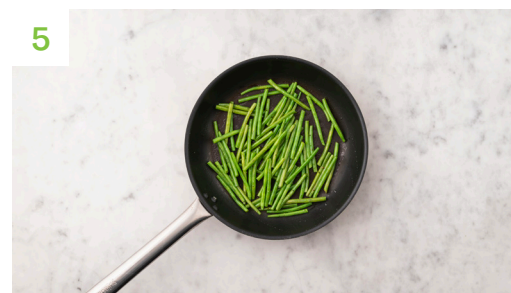
## Roast the Potatoes

When the **potatoes** are ready, drain in a colander and sprinkle on the **flour** (see pantry for amount).

Shake to fluff up the **potatoes**, then carefully add them to the hot baking tray, turning in the **oil**.

Season with **salt**, then roast on the top shelf until golden, 45-50 mins. Turn halfway through.

Meanwhile, trim the **green beans**. Peel and grate the **garlic** (or use a garlic press).



## Cook the Beans

Once the **beef** is out of the oven, drizzle the **honey** over the **carrots** and toss together. Roast for a further 5 mins. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Stir in the **garlic**, then turn the heat down to medium and cook for 1 min. Add a splash of **water** and immediately cover with a lid or some foil.

Cook the **beans** until tender, 4-5 mins, then remove from the heat. Season with **salt** and **pepper**.

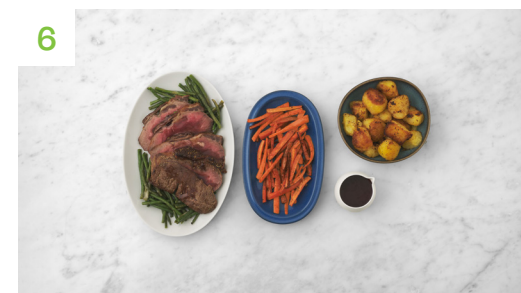


## Bring on the Beef and Veg

Transfer the **beef** to a baking tray. Drizzle with **olive oil** and season generously with **salt, pepper** and the **dried rosemary**. **IMPORTANT: Wash your hands and equipment after handling raw meat.**

Add the **carrots** to the same tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. **TIP: Use another tray if needed.**

Roast on the middle shelf of your oven for 20-25 /30-35 mins (400g/600g) for medium. Add an extra 5 mins if you like your **beef** more well done.



## Slice and Serve

When everything's ready, reheat the **red wine jus** if needed. Thinly slice the **beef** and share between your plates.

Serve the **roast potatoes, honey glazed carrots** and **garlicky green beans** alongside.

Drizzle over the **jus** to finish.

## Enjoy!