



# Easter Rosemary Roast Beef and Red Wine Jus with Herby Roast Potatoes, Mustard Creamed Spinach and Honeyed Carrots

33

Roast 60-65 Minutes • 1 of your 5 a day



Beef Roasting Joint



Potatoes



Mixed Herbs



Garlic Clove



Dried Rosemary



Carrot



Red Wine Jus Paste



Baby Spinach



Creme Fraiche



Wholegrain Mustard

**Pantry Items**

Oil, Salt, Pepper, Olive Oil, Plain Flour, Honey



## Before you start

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

## Cooking tools

Baking tray, saucepan, colander, garlic press, aluminium foil and lid.

## Ingredients

Ingredients	2P	3P	4P
Beef Roasting Joint**	400g	600g	800g
Potatoes	450g	700g	900g
Mixed Herbs	1 sachet	2 sachets	2 sachets
Garlic Clove**	3	4	6
Dried Rosemary	2 sachets	3 sachets	4 sachets
Carrot**	3	4	6
Red Wine Jus Paste <b>10</b> <b>14</b>	30g	37g	66g
Baby Spinach**	100g	150g	200g
Creme Fraiche** <b>7</b>	75g	120g	150g
Wholegrain Mustard <b>9</b>	17g	25g	34g
<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
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	50ml	75ml	100ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	720g	100g
Energy (kJ/kcal)	4303/1029	598/143
Fat (g)	60.2	8.4
Sat. Fat (g)	28.1	3.9
Carbohydrate (g)	69.3	9.6
Sugars (g)	21.0	2.9
Protein (g)	56.0	7.8
Salt (g)	2.86	0.40

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

## Allergens

**7)** Milk **9)** Mustard **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, milk, egg, mustard, celery, soya, 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.


## Contact

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## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Remove the **beef** from your fridge to bring it to room temperature. Pour enough **oil** into a deep baking tray to cover the bottom and pop into the oven. Bring a large saucepan of **water** with ½ **tsp salt** to the boil.

Peel and chop the **potatoes** into 4cm chunks, then boil for 7-8 mins or until the edges are soft. When ready, drain in a colander and sprinkle on the **flour** (see pantry for amount) and **mixed herbs**.

Shake to fluff them up, 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.



## Red Wine Jus Time

Pour the **water for the jus** (see pantry for amount) into the (now empty) **potato** saucepan and bring to the boil on high heat.

Stir in the **red wine jus paste**, then reduce the heat to medium-high. Allow the **sauce** to bubble and thicken, stirring regularly, 10-12 mins.

When the **carrots** have 5 mins left, drizzle them with the **honey** (see pantry for amount) and return to the oven.

Once the **beef** is cooked, rest it, wrapped loosely in foil, for at least 10 mins before slicing.



## Roast the Beef

In the meantime, peel and grate the **garlic** (or use a garlic press).

Transfer the **beef** to a baking tray. Drizzle with **olive oil** and season generously with **salt** and **pepper**. Sprinkle over the **dried rosemary** and **half the garlic**, rubbing it over the **meat**.

Roast on the middle shelf of your oven for 25-30 / 35-40 mins (400g/600g) for medium-rare. Add an extra 5 mins if you like your **beef** more well done.

**IMPORTANT:** Wash your hands and equipment after handling raw beef. It's safe to eat when browned on the outside.



## Cream the Spinach

While the **beef** rests, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Add the remaining **garlic** and stir-fry for 1 min.

Stir through the **creme fraiche**, **mustard** and **water for the sauce** (see pantry for amount). Cook until warmed through, 1-2 mins. Season with **salt** and **pepper**.

Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins. Remove from the heat.



## Add the Carrots

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

When the **beef** has 20 mins left, pop the **carrots** onto the same baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then spread out in a single layer.

Roast for the remaining time until tender, 20-25 mins. Turn halfway through.



## Finish and Serve

When everything's ready, reheat the **red wine jus**. Slice your **beef** and share between your plates.

Serve with your **honey glazed carrots**, **creamed mustard spinach** and **roast potatoes** alongside.

Finish by spooning over the **red wine jus**.

## Enjoy!