



Roast Beef, Redcurrant Gravy & Mulled Wine Spices

with Roast Potatoes, Blue Cheese Celeriac Gratin and Chorizo Savoy Cabbage

Nº 20

ROAST

Hands-on Time: 60 Minutes • Total Time 90 Minutes • 1.5 of your 5 a day



Potato



Rosemary



Plain Flour



Beef Roasting Joint



Celeriac



Panko Breadcrumbs



Creme Fraiche



Blue Cheese



Butter



Red Wine Stock Pot



Redcurrant Jelly



Diced Chorizo



Shredded Savoy Cabbage



Lemon



Orange



Caster Sugar



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:

Two Large Saucepans, Large Roasting Tray, Peeler, Colander, Ovenproof Dish, Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Potato**	900g	1150g	1400g
Rosemary**	1 bunch	1 bunch	1 bunch
Plain Flour 13)	24g	36g	48g
Beef Roasting Joint**	1	1	1
Celeriac 10)**	½	¾	1
Panko Breadcrumbs 13)	24g	40g	50g
Crème Fraiche 7)**	1 pouch	1½ pouches	2 pouches
Blue Cheese 7)**	1	1½	2
Butter 7)**	30g	45g	60g
Water for the Gravy*	400ml	600ml	800ml
Red Wine Stock Pot 14)	1 pot	1½ pots	2 potas
Redcurrant Jelly	1 pot	1½ pots	2 potsa
Diced Chorizo 7)**	60g	90g	120g
Shredded Savoy Cabbage**	1	1½	2
Mulled Wine Ingredients			
Lemon**	1	1	1
Orange**	1	1½	2
Caster Sugar	75g	75g	150g
Star Anise	2	3	4
Cardamom Pod	4	6	8
Cinnamon Stick	1	2	2
Red Wine*	750ml	1.15ltr	1.5ltr

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	1316g	100g
Energy (kJ/kcal)	6584 /1574	500 /120
Fat (g)	75	6
Sat. Fat (g)	36	3
Carbohydrate (g)	163	12
Sugars (g)	61	5
Protein (g)	76	6
Salt (g)	4.78	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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. PREP THE POTATOES

Bring 2 large saucepans of **water** to the boil with a pinch of **salt** (one for the potatoes, one for the celeriac). Preheat your oven to 200°C. Pour a large glug of **oil** into a large roasting tray. Pop it onto the top shelf of your oven to warm up. Peel the **potatoes** and chop 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. Meanwhile, pull the **rosemary leaves** off the stalks and roughly chop (discard the stalks).



4. PREP THE CELERIAC

Peel the **celeriac** and chop into 2cm chunks. Add the **celeriac** to the boiling **water** and simmer until tender, 12-15 mins. **TIP: The celeriac is cooked when you can easily slip a knife through.** Mix the **breadcrumbs** with a drizzle of **oil** and season with **salt** and **pepper**. Once cooked, drain in a colander, return to the pan and add the **crème fraiche**, **blue cheese**. Pop onto medium heat, stir and cook until the **crème fraiche** has come to the boil, then remove from the heat. Season to taste. Pour into a small oven dish, sprinkle over the **breadcrumbs** and bake in your oven until bubbling and slightly golden on top, 20 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, cardamom 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!

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 **potato**. Take your hot baking tray out of your oven, carefully transfer your **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, turn halfway through. **TIP: If the potatoes are cooked before everything else is ready, turn your oven off and leave the potatoes on the bottom shelf to keep warm.**



5. MAKE THE GRAVY

Meanwhile, put a medium sized saucepan on medium high heat and add **half** the **butter**. Allow the **butter** 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 and gradually stir in the **water** (see ingredients for amount), **red wine stock pot** and **redcurrant jelly**. 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.



3. ROAST THE BEEF

Meanwhile, season the **beef** with **salt** and **pepper** and transfer to a roasting tray. Roast the **beef** on the middle shelf of your 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. **IMPORTANT: Wash your hands after handling raw meat. The beef is safe to eat when the outside is cooked.** Once cooked, rest the **beef** wrapped loosely in foil for at least 10 mins before slicing.



6. FRY THE CABBAGE

Pop one of your saucepans back on medium heat (no need to wash). Add the remaining **butter**, allow to melt then add the **chorizo**. Stir-fry until the **chorizo** is browned, 2-3 mins. Add the **savoy cabbage** and stir fry until softened, 4-5 mins. Taste and add **salt** and **pepper** if you feel it needs it. Remove from the heat. Once everything is ready (reheat the gravy and cabbage 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 and **enjoy!**

