

“HERB & MUSTARD ROAST BEEF WITH CAULIFLOWER MASH”

*800g beef bolar
blade roast*

2 tsp olive oil

*2 tbsp Dijon
mustard*

*2 tsp rosemary,
finely chopped*

*2 tsp thyme,
finely chopped*

*2 tbsp flat-leaf
parsley,
finely chopped*

*250g desiree
potatoes, peeled,
chopped*

*500g cauliflower,
trimmed,
cut into florets*

1/3 cup fresh ricotta

*2 tbsp chopped
chives*

*Roasted cherry
tomatoes and
steamed green
beans, to serve*

SERVES: 4 PREPARATION: 15 mins

COOKING: 55 mins, plus 15 mins resting time

1. Preheat oven to 160°C.

2. Brush beef with olive oil. Preheat a large non-stick frying pan over a high heat. Cook beef, for 1-2 mins each side or until evenly browned. Transfer beef to a roasting dish.

3. Combine the mustard, rosemary, thyme and parsley in a bowl. Brush the mustard mixture evenly over the top and sides of beef. Roast beef in preheated oven for 45-50 mins for medium, or until 65°C on a meat thermometer. Remove from oven, cover loosely with foil, set aside to rest for 15 mins.

4. Meanwhile, cook potato and cauliflower in a saucepan of boiling water for 12 mins, or until tender. Drain. Return to saucepan, mash until smooth. Stir through ricotta and chives.

5. Cut beef across the grain into slices of even thickness. Divide mash between plates, top with some slices of beef. Serve with roasted cherry tomatoes and steamed green beans.

TIP:

To roast cherry tomatoes, place 250g tomatoes on a baking tray and spray with olive oil. Roast for 10-12 mins, or until just wilted.