




# BEEF ROAST






.....  .....

## Ingredients:

- 2kg beef roast
  - 4 cloves of garlic, minced
  - 2 tablespoons olive oil
  - 2 tablespoons Dijon mustard (Optional)
  - 1 tablespoon chopped fresh rosemary
  - Salt and black pepper to taste
  - 4-5 medium-sized potatoes, cut into quarters
  - 4-5 carrots, peeled and cut into chunks
  - 1 large onion, cut into wedges
  - 2 cups beef stock
  - Fresh rosemary sprigs for garnish
- 

## Instructions:

1. Preheat the oven to (190°C).
  2. In a small bowl, combine minced garlic, olive oil, Dijon mustard, rosemary, salt, and black pepper. Mix well to form a paste.
  3. Rub the garlic and herb paste all over the beef roast, making sure it is evenly coated.
  4. Place the beef roast in a roasting pan.
  5. Arrange the quartered potatoes, carrot chunks, and onion wedges around the roast in the pan.
  6. Drizzle olive oil over the vegetables and season them with salt and black pepper.
  7. Pour beef broth into the roasting pan, avoiding pouring it over the top of the roast.
  8. Place the roasting pan in the preheated oven and roast for about 25 minutes per pound of meat, or until the desired level of doneness is achieved.
  9. Remove the roast from the oven and let it rest for 10-15 minutes before carving.
  10. Garnish with fresh rosemary sprigs and serve hot
- 
- 
- 
- 