



Product Spotlight: Asparagus

To prepare asparagus, bend the spear; it will snap right where the tough stalk meets the tender spear. You can store it upright in the fridge in a glass jar with a small amount of water.



Herb Crusted Roast Beef Platter

This classic roast dinner brings together a tender beef blade roast with golden roast potatoes, caramelised root vegetables, pan-seared asparagus, and a punchy mustard for dipping.

Nail it!

For even cooking, allow the beef to come to room temperature before roasting. Use a meat thermometer to check for doneness: aim for 60°C for rare, 65–70°C for medium, and 75°C for well done.



60 minutes



2 servings



Beef

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	15g	37g

FROM YOUR BOX

BEEF BLADE ROAST	500g
RED POTATOES	3
PARSNIP	1
DUTCH CARROTS	1 bunch
GARLIC	1 bulb
ASPARAGUS	1 bunch
BAVARIAN MUSTARD	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

KEY UTENSILS

frypan, oven dish, oven tray

NOTES

Instead of serving the mustard as a sauce, you can use it to season the beef before browning and roasting.

Season the potatoes with finely chopped rosemary leaves.

Use the mustard and roasting juices from the beef to make a pan gravy.



1. BROWN THE BEEF

Set oven to 200°C.

Season **beef** with **1 tsp thyme, salt and pepper** (see notes). Heat a frypan over medium-high heat with **oil**. Add **beef** and cook for 2 minutes each side until brown all over. Add to a lined oven dish and roast for 30–45 minutes.



4. COOK THE ASPARAGUS

Trim woody ends off **asparagus**. Reheat frypan over medium-high heat with **oil**. Add **asparagus** and cook for 2–3 minutes until **asparagus** is tender. Remove and season with **salt and pepper**.



2. ROAST THE POTATOES

Cut **potatoes** into chips. Add to a lined oven tray and toss with **oil, salt and pepper** (see notes). Roast for 10 minutes (see step 3).



3. ROAST REMAINING VEGGIES

Trim and wash **carrots** and cut **parsnip** into angular pieces. Toss with **oil, 1 tsp thyme, salt and pepper**. Add to oven tray. Halve **garlic**, place cut-side down and drizzle well with **oil**. Roast for 15–20 minutes until **vegetables** are golden.



5. FINISH AND SERVE

Serve roast **beef, vegetables** and **mustard** (see notes) on a large platter tableside for everyone to help themselves.

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