

Beef with seasonal vegetable and gravy



Simple recipe,
tasty result

Family favourite

Serves
6

Prep in
30
mins

Cook in
1hr

The **co-operative** food
Here for you for life

Beef with seasonal vegetables and gravy

SERVES: 6

TAKES: 30 MINUTES TO
MAKE & 1 HOUR TO COOK

1 tbsp olive oil
About 800g Co-operative British beef joint
1 leek, trimmed and sliced thickly
2 red onions, peeled and sliced
5 parsnips or carrots, peeled and chopped
2 sticks celery, trimmed and sliced
Sprig fresh thyme or 1 tbsp dried thyme
750ml beef stock (made with ½ stock cube)
1 glass red wine (125ml)
1 tsp mustard
1 bay leaf (optional)
1 tsp redcurrant jelly
15g unsalted butter, melted
15g plain flour
To serve, extra redcurrant jelly and mustard

1 Preheat the oven to 160°C/fan 140°C/Gas 3. Heat the oil in a flameproof casserole dish, sear the beef all over until golden, take it out and set it aside.

2 Soften the leek and red onions in the dish, then add the parsnips or carrots, celery and thyme. Cook for a few minutes more.

3 Add the stock, wine, mustard, bay leaf and redcurrant jelly. Stir and return the beef to the dish, cover with foil and a lid, and roast for 1 hour.

4 Take the beef and vegetables out of the pan and arrange on a serving dish. Mix together the butter and flour. For the gravy, bring the leftover liquid to the boil, add the flour mix and whisk until it thickens. Add more stock, mustard and redcurrant jelly to taste.

5 Thinly slice the beef and serve with the vegetables and gravy, and extra mustard and redcurrant jelly if liked.

approx. per serving (serves 6)

ENERGY 1570kJ 375kcal 19%	FAT 18.1g MED 26%	SATURATES 7.5g HIGH* 32%	SUGARS 10.6g LOW 12%	SALT 0.6g LOW 9%
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% of adult's reference intake

carbohydrates per serving: 17.0g

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