



HEALTH SCORE

100%

Roast beef & carrots with easy gravy



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp flour plain
- ☐ 1 tsp ground mustard
- ☐ 950 g beef top sirloin steaks (see tip below)
- ☐ 1 onion cut into 8 wedges
- ☐ 500 g carrots halved
- ☐ 1 tbsp flour plain
- ☐ 250 ml beef stock

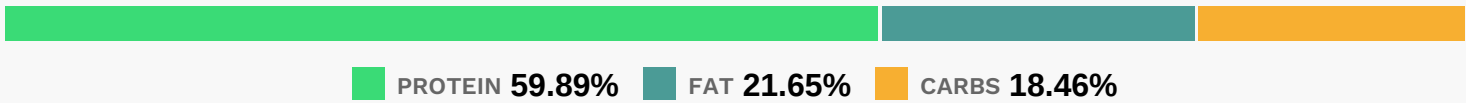
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 240C/220C fan/gas
- ☐ Mix 1 tsp plain flour and 1 tsp mustard powder with some seasoning, then rub all over the 950g beef top rump joint.
- ☐ Put 1 onion, cut into 8 wedges, and 500g carrots, halved lengthways, into a roasting tin and sit the beef on top, then cook for 20 mins.
- ☐ Reduce oven to 190C/170C fan/gas 5 and continue to cook the beef for 30 mins if you like it rare, 40 mins for medium and 1 hr for well done.
- ☐ Remove the beef and carrots from the oven, place onto warm plates or platters and cover with foil to keep warm.
- ☐ Let the beef rest for 30 mins while you turn up the oven to cook your Yorkshire puds and finish the potatoes.
- ☐ For the gravy, put the tin with all the meat juices and onions back onto the hob.
- ☐ Stir in 1 tbsp plain flour, scraping all the stuck bits off the bottom of the tin. Cook for 30 seconds, then slowly stir in 250ml beef stock, little by little.
- ☐ Bubble to a nice gravy, season, then serve with the beef, carved into slices, carrots and all the other trimmings.

Nutrition Facts



Properties

Glycemic Index:55.96, Glycemic Load:5.85, Inflammation Score:-10, Nutrition Score:34.719130267268%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 383.3kcal (19.17%), Fat: 9g (13.84%), Saturated Fat: 3.19g (19.95%), Carbohydrates: 17.26g (5.75%), Net Carbohydrates: 13.16g (4.79%), Sugar: 7.47g (8.3%), Cholesterol: 140.13mg (46.71%), Sodium: 346mg (15.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.98g (111.96%), Vitamin A: 20883.21IU (417.66%), Selenium: 76.02µg (108.6%), Vitamin B6: 1.73mg (86.75%), Vitamin B3: 17.34mg (86.71%), Zinc: 10mg (66.68%), Phosphorus: 579.21mg (57.92%), Potassium: 1411.55mg (40.33%), Vitamin B12: 2.23µg (37.21%), Vitamin B2: 0.44mg (25.63%), Iron: 4.58mg (25.47%), Vitamin B1: 0.32mg (21.12%), Magnesium: 79.19mg (19.8%), Vitamin B5: 1.94mg (19.43%), Vitamin K: 19.32µg (18.4%), Folate: 66.27µg (16.57%), Fiber: 4.09g (16.37%), Copper: 0.29mg (14.41%), Manganese: 0.27mg (13.44%), Vitamin C: 9.45mg (11.45%), Calcium: 106.58mg (10.66%), Vitamin E: 1.53mg (10.19%)