



Roast Beef with Yorkshire Pudding, Grilled Eggplant and Pea, Mint, and Avocado Salad

READY IN



155 min.

SERVINGS



10

CALORIES



735 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 avocados ripe cut into bite-size chunks
- ☐ 2 heads belgian endive separated
- ☐ 10 servings pepper black freshly ground
- ☐ 1 tablespoon chives snipped
- ☐ 1 eggplant
- ☐ 4 eggs
- ☐ 1 pinch fat superfine sugar
- ☐ 1.5 cups flour all-purpose sifted

- ☐ 2 tablespoons garlic infused oil plus more if needed
- ☐ 0.5 juice of lemon juiced
- ☐ 1.3 cups milk
- ☐ 1 Bunch mint leaves chopped
- ☐ 10 ounces salad greens mixed
- ☐ 4 tablespoons olive oil
- ☐ 9 tablespoons olive oil extra-virgin plus more, if needed
- ☐ 1 pound peas shelled ()
- ☐ 10 servings freshly cracked pepper black
- ☐ 5 pounds beef roast
- ☐ 5 sprigs rosemary leaves chopped
- ☐ 0.5 teaspoon salt
- ☐ 10 servings salt
- ☐ 1 tablespoon vegetable oil
- ☐ 1.5 tablespoons citrus champagne vinegar good

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ grill
- ☐ stove
- ☐ colander
- ☐ grill pan

Directions

- ☐ To make the beef roast, preheat the oven to 475 degrees F.
- ☐ Place the beef roast on a clean work surface and rub with the olive oil and chopped rosemary.
- ☐ Place into the preheated oven and cook for 15 minutes and then turn the heat down to 350 degrees F. Cook for about 15 minutes per pound for rare meat, about 1 hour and 15 minutes.
- ☐ Remove from the oven and let rest, covered, for about 15 minutes before slicing.
- ☐ To make the Yorkshire Pudding, preheat the oven to 450 degrees F.
- ☐ Mix the milk, eggs, and salt, and add pepper, beating all well together. I use my freestanding mixer but a hand-held electric mixer, rotary, or balloon whisk would do.
- ☐ Let these ingredient stand for 15 minutes and then whisk in the flour. Meanwhile, add the drippings a large heat-proof pan and put it in the oven to heat for about 10 minutes. Into this intensely hot pan you should pour in the batter and cook for 20 minutes, or until well puffed and golden. Bring it, triumphant, to the table.
- ☐ To make the grilled eggplant, place the garlic-oil into a shallow dish and set aside. On a clean work surface, slice the eggplant into long, thin slices and then place into the garlic-oil, turning to coat.
- ☐ Preheat a griddle or stove top grill pan and then place each eggplant slice onto the grill. Cook about 2 to 3 minutes and then turn, and cook 2 to 3 minutes more.
- ☐ Remove the grilled slices to a platter and drizzle with more of the garlic-oil.
- ☐ Garnish with coarse salt, cracked black pepper, lemon juice and snipped chives.
- ☐ To make the pea, mint and avocado salad, first make the dressing: put the oil, vinegar, and sugar into a large bowl and then put in a decent handful of the chopped mint. Stir well so all is amalgamated. Cook the peas for 2 minutes or so in salted boiling water, just so that they're ready, but not soft. Taste after 2 minutes and keep tasting.
- ☐ Drain the peas in a colander, put them straightaway into the bowl of dressing, and let steep for 1 hour or up to a day.
- ☐ Just before serving, stir in the mixed greens, the endive, and the avocado. You may need to drizzle a bit more oil after tossing.
- ☐ Serve this on a big plate.
- ☐ Sprinkle with some more of the chopped mint.

Nutrition Facts



Properties

Glycemic Index:47.64, Glycemic Load:13.58, Inflammation Score:-9, Nutrition Score:43.425217421159%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 39.25mg, Delphinidin: 39.25mg, Delphinidin: 39.25mg, Delphinidin: 39.25mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 734.72kcal (36.74%), Fat: 42.31g (65.1%), Saturated Fat: 8.32g (52%), Carbohydrates: 32.69g (10.9%), Net Carbohydrates: 23.74g (8.63%), Sugar: 6.31g (7.02%), Cholesterol: 198.41mg (66.14%), Sodium: 3776.1mg (164.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.99g (117.97%), Vitamin C: 135.04mg (163.68%), Vitamin B3: 20.48mg (102.42%), Calcium: 717.01mg (71.7%), Vitamin B12: 4.18µg (69.61%), Zinc: 9.78mg (65.21%), Vitamin B6: 1.26mg (63.21%), Phosphorus: 629.88mg (62.99%), Folate: 167.3µg (41.82%), Iron: 7.44mg (41.33%), Selenium: 28.88µg (41.26%), Vitamin K: 41.83µg (39.83%), Vitamin B2: 0.67mg (39.33%), Potassium: 1313.27mg (37.52%), Fiber: 8.95g (35.8%), Manganese: 0.64mg (32.08%), Vitamin E: 4.8mg (31.97%), Vitamin B1: 0.47mg (31.25%), Magnesium: 101.66mg (25.41%), Copper: 0.46mg (22.76%), Vitamin B5: 2.22mg (22.16%), Vitamin A: 947.94IU (18.96%), Vitamin D: 0.69µg (4.58%)