

More than 1 hour

Serves 4-6

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Ingredients:

- Salt and milled pepper
- 800g PnP beef roast (topside or silverside)
- Glug olive oil

Wet rub:

- 2 tsp (10ml) chopped rosemary
- 2 tsp (10ml) wholegrain mustard
- 2 tsp (10ml) balsamic vinegar
- Salt and milled pepper
- Glug olive oil
- 8 large peeled and diced potatoes
- 1 onion, thinly sliced
- 1 tsp (5ml) mustard seeds
- 2 tsp (10ml) cumin seeds
- 2 Tbsp (30ml) curry powder
- Handful curry leaves (optional)
- Handful chopped fresh coriander
- Squeeze lemon

For serving:

- Tomato sambal
- Plain yoghurt

Method

1. Season meat and rub with a little oil.
2. Sear all sides of meat in a hot pan until well browned.
3. Mix rub ingredients together and coat meat with the rub.
4. Preheat oven to 180°C (160°C for a fan-assisted oven).

5. Roast for 20 minutes plus 20 minutes per 450g (so 800g will be around 55 minutes).
6. Rest roast for 20 minutes before slicing if you are serving it immediately. Or allow to cool completely before storing in the fridge. It will keep for 4-5 days.
7. Heat oil in a large pan.
8. Toss in potatoes, onion, mustard seeds, cumin seeds, curry powder and curry leaves (optional).
9. Stir-fry until potatoes are golden and cooked through.
10. Add in the thinly sliced rare roast beef and heat for a minute.
11. Toss in a handful chopped fresh coriander and add a squeeze of lemon.
12. Serve with tomato sambal and plain yoghurt.