

# Roast Beef, Roast Potatoes, Mixed Veg



## Ingredients

- 1.5kg beef joint (cut 200g off this for the soup on Tuesday)
- Salt and pepper, to taste
  - 2 tbsp oil, divided
  - 1 tsp mustard powder
- 250ml beef stock - if pressure cooking only
  - Mixed veg

## Methods

Make sure to mix oil, mustard powder and salt and pepper together, then brush the joint with the mix.

### Slow Cook

1. Place in the slow cooker and cook on low for 5-6 hours or on high for 3-4 hours.
2. Remove and wrap in foil and rest for 30 minutes before serving.

### Oven Cook

1. Wrap the joint in foil.
2. Put in the oven and roast.
3. For rare beef, cook for 1 hour.
4. For medium beef, cook for 1 hour and 10 minutes. For well done, cook for 1 hour and 30 minutes.
5. Rest for 30 minutes before serving.

### Pressure Cook

1. Heat your pressure cooker or a pan until really hot.
2. Add the beef and seal well on all sides - you want a nice colour.
3. Put a trivet here in the pressure cooker.
4. Pour in the stock.
5. Sit the beef on the trivet.
6. Put on the lid, make sure the vent is closed.
7. Set the high or the meat/stew setting for 4 minutes.
8. After the cooking time has elapsed - do nothing.
9. Let the pressure release naturally.
10. The pressure cooker will automatically go to keep warm.
11. Leave for 45 minutes then remove lid.
12. Take out the beef and wrap in foil for 30 minutes before carving.

### Air Fry

1. Add the beef to your air fryer basket. Air fry at 200°C for 10 minutes, then turn and air fry on the other side for a further 10 minutes.
2. Reduce the temperature to 180°C, and cook the roast for 30 minutes for rare or 40 minutes for medium rare or 50 minutes for well done.
3. Leave the roast to rest at room temperature for 30 minutes before carving.
4. Boil mixed veg and serve.