



Rib-eye roast with parsnips, onions, potatoes and rosemary

Sunday lunch has never been so good!

Serves 4 to 6

2.5kg/5¹/₂lb French trimmed fore-rib of beef

olive oil

sea salt and freshly ground black pepper

2kg/4¹/₂lb potatoes, peeled and halved lengthways

1kg/2lb 3oz parsnips, peeled and quartered lengthways

4 small red onions, peeled and halved

1 bulb of garlic, broken into cloves

a small bunch of fresh rosemary

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PROFESSIONAL SERIES

by **TEFAL**

Preheat your oven to 230°C / 450°F / gas 8 and place your TEFAL roasting tray in it to warm up.

Take the meat out of the fridge when you turn the oven on, to let it come up to room temperature. Rub it with olive oil and lots of salt and freshly ground black pepper.

When the oven is hot, place the meat on the rack and return it to the oven.

Place the potatoes in a large saucepan – use two pans if you need to – and cover with water. Add a good few pinches of salt and bring to the boil. Then add the parsnips and parboil for 5 minutes. Drain well, and allow to steam dry.

After the beef has been in the oven for 40 minutes, take the roasting tray out and carefully lift off the rack and the beef. Tip the potatoes, parsnips, onions, garlic cloves and rosemary into the roasting tray and stir well so that the vegetables are coated with the beef juices. Spread out in one layer and replace the rack with the beef on it. Put back in the oven and roast for another 50 minutes (or slightly longer if you prefer your meat a little more well done).

Remove the beef from the oven, place it on a plate, cover it loosely with foil and let it rest for 15 minutes before carving it. Meanwhile, return your vegetables to the oven to crisp up if they need it.

Serve the beef in thick slices with the roast veg and lots of horseradish sauce.