

Black Bean Roast Beef



Feeds:	4-6
Time to cook:	Rare - 20 minutes per 450g/½kg (1lb) plus 20 minutes
Medium:	25 minutes per 450g/½kg (1lb) plus 25 minutes
Well Done:	30 minutes per 450g/½kg (1lb) plus 30 minutes
Oven Temperature:	Gas Mark 4-5, 180°C, 350°F

Take:

Lean rib of beef, topside or sirloin joint
 Red onions
 Carrots
 Oil
 Sugar snap peas
 Pak choi
 Black bean sauce

Make...

- 1 Take a **1.25kg (2½lb) lean rib of beef, topside or sirloin joint**, place on a rack in a roasting tin and open roast in a preheated oven for the calculated cooking time (see above).
- 2 40-50 minutes before the end of cooking time, place **2 red onions**, cut into wedges, **2 carrots**, cut into chunky sticks, in a large roasting tin, drizzle with **15ml (1tbsp) oil** and roast.
- 3 10-15 minutes before end of cooking time, add **100g (4oz) sugar snap peas**, **100g (4oz) pak choi**, cut into wedges and **30ml (2tbsp) black bean sauce** to the vegetables and mix together. Spread **30ml (2tbsp) black bean sauce** over the beef joint and cook for the remaining time.

Eat...

Serve the black bean roast beef with the roasted Chinese vegetables and mashed potato OR serve tossed through a beansprout and noodle salad.