Marinated Roast Beef

*Cooking time: 1 hr 40mins*

*Preparation: 20 mins (+ marinade time of 4-24 hours)*

*Serves: 8-10 people*

**Ingredients**

2KG Hampton Gay beef topside,

silverside or oyster blade

3 garlic cloves, minced

1 tbsp Worcestershire sauce

60ml balsamic vinegar

125ml soy sauce

60ml olive oil

1 tbsp caster sugar

1 tbsp honey

125ml red wine

1 tsp black pepper

3tsp dried thyme

2tsp dried rosemary

2tsp onion powder

**Method**

Leave beef to marinate in the fridge in a zip lock back with all the ingredients for anywhere between 4 - 24 hours

Take the beef out of the fridge an hour before cooking

Place the beef in the middle of whichever vegetables you are roasting and cover with the marinade

Pre-heat the oven to 240c

Take the beef out of the tray, and lightly fry the outside of the beef in a pan

Place the beef back in the middle of the roasting tray containing the vegetables and marinade

Drizzle the beef in olive oil and put into the oven

Roast for 20 minutes

Turn down the oven to 180c and cook for a further 45 minutes (for beef more on the rare side). But you can keep it in for longer if you prefer more well-done beef.

Leave the beef in the tray and transfer the carrots into a different tray (drizzled in oil) - make sure to leave the marinade in the tray with the beef

Cover the beef in foil and leave to rest for 35 mins

Return vegetables to the oven to roast alongside your potatoes and whatever else you decide to accompany your roast

Once ready to serve, use the remaining marinade to make gravy. Or alternatively you can serve the beef in the marinade and return roasted vegetables to the tray to serve as a tray bake.