

Roast Beef

with Horseradish Sour Cream & Heirloom Carrots

Nothing says 'comfort food' like roast beef and horseradish. To modernize this classic you'll be serving it with a side of heirloom carrots and a zesty, slightly peppery green called mizuna. We're keeping the beautiful simplicity of the beef, roasting it with a just hint of thyme and finishing it with a dollop of horseradish sour cream. This recipe has the perfect balance of tradition and innovation.



Ingredients

- 1 Bunch Baby Heirloom Carrots
- 3 Ounces Mizuna
- 1 Bunch Thyme
- 1 Eye Round Beef Roast, Tied
- 1 Lemon
- 1 Shallot
- ¼ Cup Sour Cream
- 1 Tablespoon Prepared Horseradish

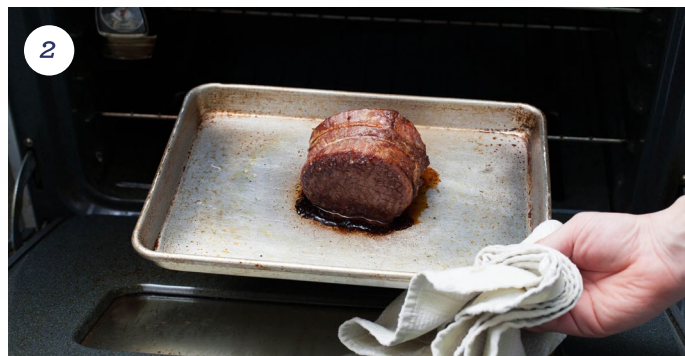
Makes 2 Servings
About 565 Calories Per Serving

Instructions



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Remove the beef from the refrigerator to bring to room temperature. Pick the thyme leaves off the stem. Cut the lemon into quarters and remove the seeds. Peel and mince the shallot, then place in a small bowl with the **juice of 2 lemon wedges**.



Start roasting the beef:

Place the **beef** on a lightly oiled sheet pan or baking dish. Drizzle with olive oil and season with salt and pepper on all sides. Roast the beef in the oven for about 8 to 10 minutes. Remove from oven.



Add the carrots:

To the sheet pan with the beef, add the **carrots**. Drizzle the carrots with olive oil and season with salt and pepper. Return the beef and carrots to the oven and roast for 18 to 20 minutes longer, or until the carrots are browned and the beef reaches your desired doneness. (An instant-read thermometer should register 130°F for medium.) Remove from the oven and top the roasted beef and carrots with the **thyme**, the **juice of the remaining lemon wedges** and a little **olive oil**. Transfer the beef to a cutting board or plate and rest for at least 5 minutes, covering loosely with aluminum foil to keep warm.



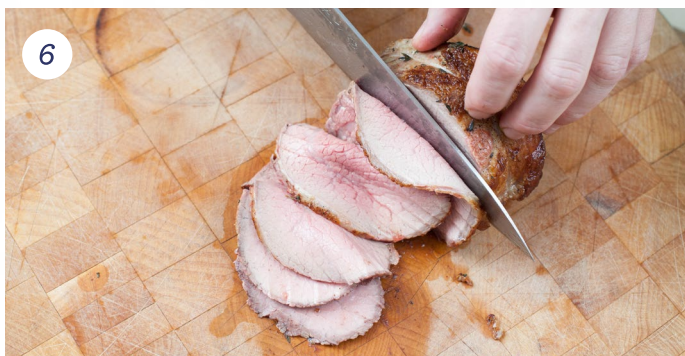
Make the horseradish sour cream:

While the beef and carrots roast, in a small bowl, combine the **sour cream** and **horseradish**; stir until well-combined and season with salt and pepper to taste.



Make the salad:

While the beef and carrots roast, make the dressing. To the **shallot-lemon juice mixture**, slowly whisk in **2 tablespoons of olive oil** until well-combined; season with salt and pepper to taste. Just before serving, toss the **mizuna** with enough of the dressing to coat the greens (you may have extra dressing.)



Slice the beef and plate your dish:

After the meat has rested for at least 5 minutes, carefully cut off and remove the string. Find the lines of muscle in the roast, or the grain, then thinly slice the beef against (perpendicular to) the grain. Divide the roast beef slices between 2 plates and top with a dollop of the **horseradish sour cream**. Serve with the **mizuna salad** and **roasted carrots**. Enjoy!