

# Roast Beef & Carrots

*with Mashed Potatoes & Dijon Mustard Pan Sauce*

Tonight's recipe is a satisfying classic Sunday roast accompanied by two traditional sides, each elevated with a slight twist. First, we're roasting our carrots with fresh thyme, then tossing them with a bit of honey to accentuate their natural sweetness. As for our mashed potatoes, we're stirring in a touch of tangy crème fraîche and zesty garlic to round out the buttery flavor. A vibrant pan sauce made with sharp Dijon mustard cuts through the richness of the roast beef and prepares you for the next bite.

## Blue Apron Wine Pairings

Vigilance Syrah, 2015

Helen Foggo Shiraz, 2015



## Ingredients

- 1 Beef Roast
- 4 Carrots
- 4 Cloves Garlic
- 1 Pound Russet Potatoes
- 1 Bunch Thyme

## Knick Knacks

- 2 Tablespoons Butter
- 2 Tablespoons Crème Fraîche
- 1 Tablespoon Honey
- 1 Tablespoon Whole Grain Dijon Mustard

**Makes:** 4 servings

**Prep Time:** 10 minutes | **Cook Time:** 35–45 minutes



1



## Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel and medium dice the potatoes. Peel and finely chop the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester). Peel the carrots; cut into 1-inch pieces on an angle. Pick the thyme leaves off the stems; discard the stems.

2



## Sear the beef:

Line a sheet pan with aluminum foil. Pat the **beef** dry with paper towels; season with salt and pepper on all sides. In a medium pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned beef and cook, turning occasionally, 6 to 8 minutes, or until browned on all sides. Remove from heat. Leaving any browned bits (or fond) in the pan on the stove, transfer to 1 side of the prepared sheet pan.

3



## Cook & mash the potatoes:

While the beef sears, add the **potatoes** to the pot of boiling water. Cook 12 to 14 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Off the heat, add the **butter**, **half the garlic** and **half the crème fraîche**; season with salt and pepper. Using a fork, mash to your desired consistency. Season with salt and pepper to taste. Set aside in a warm place.

4



## Roast the beef & carrots:

While the potatoes cook, place the **carrots** and  $\frac{3}{4}$  of the **thyme** in a bowl. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer on the other side of the sheet pan with the **seared beef**. Roast 27 to 29 minutes, or until the carrots are tender when pierced with a fork and the beef is cooked through. (An instant-read thermometer inserted into the beef should register 125°F.) Remove from the oven. Transfer the roasted beef to a cutting board and let rest for at least 5 minutes.

5



## Make the pan sauce:

Once the beef and carrots have roasted for about 20 minutes, heat the pan of reserved fond on medium-high until hot. (If the pan seems dry, add 1 teaspoon of olive oil.) Add the **mustard**, **remaining garlic**, **remaining thyme** and  $\frac{1}{4}$  cup of **water**. Cook, stirring occasionally and scraping up any fond from the bottom of the pan, 1 to 2 minutes, or until thoroughly combined and slightly thickened. Turn off the heat; stir in the **remaining crème fraîche** and season with salt and pepper to taste.

6



## Finish the carrots & plate your dish:

Transfer the **roasted carrots** to a bowl; add the **honey**. Toss to thoroughly coat; season with salt and pepper to taste. Find the lines of muscle (or grain) of the **rested beef**; thinly slice crosswise against the grain. Divide the **mashed potatoes**, finished carrots and sliced beef between 4 dishes. Serve with the **pan sauce** on the side. Enjoy!