

Roast Beef

Ingredients

- 300-400gms of lean beef (chuck tender or rib eye from NTUC)
- 2 teaspoon of mustard powder
- 1 teaspoon of thyme.
- 3 teaspoon of garlic juice
- A pinch of salt
- 1 teaspoon of corn starch
- 1 teaspoon of apple cider vinegar

Preparation

- Mix ingredients (excluding beef) well in a bowl.
- Marinate the beef with the mixture and leave in fridge for 3-4 hours (Best if kept overnight).
- Wrap beef in aluminum foil, covering all expose area of beef
- Place beef in oven and roast for 10- 15 mins

(depending on oven type, this timing is based on the use of a toaster oven. Conventional ovens would require temperature setting of about 240 to 250 deg C, while fan forced type ovens will require a short time.)

- Remove beef from oven and cut away the aluminium foil, exposing the topside of the beef
- Place in oven and grill for another 5-6 mins (depends on oven type)
- Cool and slice thinly.

Can be used for sandwich or as a meal on its own with salsa sauce.