

## MRF SOUTHERN AMERICAN INSPIRED POT ROAST

Margaret River beef chunks braised in the oven with onion, carrots, garlic, served with green beans and peas with creamy polenta.



**Serves 4**

**20 mins preparation time**

**180 mins cooking time**

### INGREDIENTS

- 1kg boneless beef chuck steak
- 1 tbsp. extra-virgin olive oil
- 2 cups (500ml) beef stock
- 1 tbsp. Worcestershire sauce
- 2 tsp soy sauce
- 3 large garlic cloves, peeled and bruised
- 2 large brown onions, quartered
- 3 medium-large carrots, peeled and chopped into 3-4 pieces
- 1 cup frozen peas
- 200g fresh green beans, trimmed and cut in half
- ¼ tsp sea salt
- ¼ tsp ground pepper
- Fresh parsley and polenta to serve

### METHOD

1. Preheat oven to 180°C degrees. Bring a heavy-based large pan to medium heat, add 1 tbsp. of oil. Rub roast with salt and pepper. Brown roast all over (10-12 mins). When the roast is nearly completely browned, tuck the onions, carrots, garlic around the roast and allow vegetables to brown and soften as well. Add stock, Worcestershire sauce, and soy sauce and scrape all bits of meat off the bottom. Cover with foil and lid, and place in the oven for 1.5 hours.
2. Remove pan from oven and add remaining stock if it appears dry. Cover and place back in oven for another 1.5 hours.
3. Cook polenta according to packet directions. Remove pot roast from oven, add peas and green beans and cover with lid. Let stand until vegetables are tender, about 10 minutes.
4. Serve pot roast on top of polenta with carrots, onions, vegetables, pan juices and fresh parsley.