

## **ROAST BEEF / LAMB** *Mustard and chutney*



### **INGREDIENTS**

- Wholegrain mustard
- Mango and Paw paw chutney
- Salt
- Cracked pepper
- Rosemary (for lamb only)
- 1 x beef / lamb roast

### **METHOD**

1. Pre heat oven to 160°C
2. Place meat on bench with the fat facing up, score with a sharp knife around ½ inch deep in a crisscross motion.



3. Rub all the above ingredients over the scored area, don't be sparing with the amount applied.
4. Place in a roasting dish and place in oven.
5. Cook for 30min per 500gms, uncovered.
6. Serve with your favourite's, roast potato, sweet potato etc.

**ENJOY**

