

# Perfect Roast Beef

Yield: 7 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/jamie-oliver-roast-christmas-vegetables-recipe>

## Ingredients:

- 3 5/16 pounds beef quality topside of
- 2 onions medium
- 2 carrots
- 2 sticks celery
- 1 bulb garlic
- 1 bunch fresh thyme rosemary, bay or sage, or a mixture
- olive oil
- sea salt
- ground black pepper freshly

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 145 milligrams
4. Fat: 35 grams
5. Fiber: 1 grams
6. Protein: 41 grams
7. SaturatedFat: 13 grams
8. Sodium: 270 milligrams
9. Sugar: 2 grams
10. TransFat: 2 grams

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