

FENNEL AND CORIANDER BOLAR BLADE ROAST

A seasoned twist on a family favourite!

NORMAL | 15 MINS | 100 MINS | 6 SERVES

Ingredients

- 1.2kg Bolar blade roast
- 3 Table Spoon Olive Oil
- 1 Tea Spoon Crushed Fennel Seeds
- 1 Tea Spoon Crushed Coriander Seeds
- 1/2 Large Cauliflower, cut into florets
- 4 Beetroots, trimmed, peeled, cut into wedges
- 650g Kent pumpkin, cut into 4cm pieces
- 2 Small fennel bulbs, trimmed, cut into wedges
- 1/3 Cup Greek-style yoghurt
- 1 Lime Zest and juice to serve
- 1 Tea Spoon Ginger, finely grated
- 1 Table Spoon Honey
- 80g Baby Spinach Leaves
- 250 grams Toasted pepitas, coriander sprigs, to serve.

Instructions

1. Preheat oven to 160°C (140°C fan-forced). Line a roasting tray with baking paper.
2. Place beef in centre of tray and brush with 1 tablespoon oil. Sprinkle beef with fennel and coriander seeds. Season. Cook beef in oven for 50-55 minutes or until cooked to your liking. Set aside on a plate loosely covered with foil to rest for 15-20 minutes.
3. Meanwhile, increase oven temperature to 200°C (180° fan-forced). Line 2 baking trays with baking paper. Spread vegetables onto trays, drizzle with remaining oil, season and toss to coat. Roast in oven for 40-45 minutes or until golden and tender.
4. In a screw top jar place yoghurt, lime zest and juice, ginger and honey. Season and shake well until combined, adding a little water if necessary.
5. Slice beef. Add baby spinach to vegetables and drizzle with yoghurt dressing. Sprinkle with pepitas and coriander sprigs and serve with lime wedges and extra dressing.