

Roast beef

Cuisine: **Czech**

Food category: **Beef**



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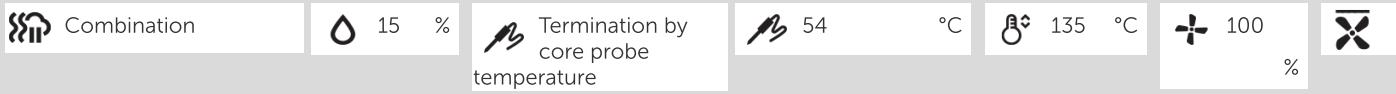
Company: **Retigo**



Program steps

Preheating: **190 °C**

- 1 Roastbeef předem opeče na páni nebo grilu



Ingredients - number of portions - 10

Name	Value	Unit
roast beef	1500	g
dijon mustard	50	g
coarse grain mustard	50	g
olive oil	0.1	l

Nutrition and allergens

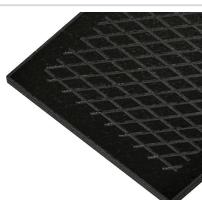
Allergens: 10

Minerals: Ca, Fe, K, Mg

Vitamins: A, D, E, K

Nutritional value of one portion	Value
Energy	294 kJ
Carbohydrate	1.3 g
Fat	18.9 g
Protein	30.8 g
Water	0 g

Recommended accessories



Vision Grill

Directions

Clean the meat and cover with half of the marinade. Wrap in food foil. Let it marinate.

Roast the meat on the grill or pan from all sides.

Brush the meat with the second half of the marinade and place in a preheated convection oven.

Marinade:

Mix both mustards, olive oil, salt and freshly ground pepper.