

Chilli Cinnamon Roast Beef



Cooking time: 1 hrs 35 mins

Serves: 8

how to cook

- 1 Preheat the oven to Gas 7, 220°C, fan 200°C, 425°F. Mix together the spices.
- 2 Place the beef in a roasting tin and rub the spice mix into the beef. Roast for 20 minutes, then baste with the juices.
- 3 Reduce the oven temperature to Gas 4, 180°C, fan 160°C and roast for a further 40 minutes or until cooked through, basting once.
- 4 Leave to stand for 30 minutes in a warm place before carving.
- 5 Serve with a selection of roasted vegetables.

what you need

- 1kg John Penny boneless prime rib roasting joint
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon ground cinnamon
- ½ teaspoon coriander
- ½ red chilli, deseeded and chopped
- Mixed roasted vegetables to serve

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