

## Soy and Ginger Roast Beef Blade with Mushroom Rice

Serves 6

### Ingredients:

- 1¼ kg beef blade roast
- 1 tbsp finely grated ginger, thickly sliced
- 3 garlic cloves
- 1 long red chilli, roughly chopped
- ¼ cup soy sauce
- 1 tbsp honey
- 1 tbsp mirin (for alternative, see note)
- Steamed sugar snap peas, to serve

### Mushroom rice:

- 2 tbsp vegetable oil
- 1 tbsp finely grated ginger
- 1 clove garlic, finely chopped
- 4 spring onions, thinly sliced, white and green parts reserved separately
- 1 cup jasmine rice
- 2 cups vegetable stock
- 1 tbsp light soy sauce
- 100 g shitake mushrooms, thickly slice

### Method:

1. Preheat oven to 200°C. Blitz grated ginger, garlic, chilli, soy sauce, honey and mirin, rub all over beef and marinate at room temperature for 30 minutes. Place beef in a roasting pan on top of sliced ginger, drizzle with a little vegetable oil and roast for 20 minutes, reduce oven to 180°C and roast, basting occasionally with pan juices until browned and cooked to your liking (55-60°C internal temperature or 50-55 minutes for medium-rare, 60-65°C or 55 minutes-1 hour for medium), remove from pan, cover loosely with foil and set aside to rest for at least 20 minutes.
2. Meanwhile, for mushroom rice, heat oil in a large saucepan over medium-high heat, add ginger, garlic and the white part of the spring onions, and sauté for about 2 minutes until fragrant. Add rice, add stock and soy sauce and bring to the boil. Cover and cook until rice is tender, stirring mushrooms through in the last couple of minutes of cooking (10-12 minutes). Serve with sliced beef and any pan juices along with steamed sugar snaps, scattered with spring onion greens.

### Essential Tips:

- Mirin is a lightly sweet rice wine condiment available in the Asian section of many supermarkets or at specialist Asian supermarkets. If you can't get it, stir 3 tsp sherry with 1 tsp caster sugar and for every tablespoon required. If you prefer a non-alcoholic alternative, use water instead of sherry.
- To impart even more flavour into the beef, marinate it overnight, but bring it out of the fridge about half an hour before roasting.
- The easiest way to marinate the meat is in a large snap-lock bag. Combine all the marinade ingredients in the bag, add the beef, seal and massage the marinade into the beef.