

# Italian Beef Pot Roast



Tender oven-braised beef rump slow-cooked over pearl barley, baby Roma tomatoes and black olives. A hearty one-pot that does the work for you.

## **Ingredients**

1.2kg Beef Rump, fat trimmed

200g Pearl Barley

500ml Salt-reduced Beef Stock

2 x 400g Cans Baby Roma Tomatoes

½ Cup Black Olives, pitted

2 Cloves of Garlic, crushed

3 Rosemary Sprigs, finely chopped

400g Can Cannellini Beans, drained and rinsed

1 Bunch of Broccolini, steamed

Flat-leaf parsley, to serve

1¼ Teaspoons Course Sea Salt, plus extra to taste

¾ Teaspoon Freshly Ground Black Pepper, plus extra to taste

## **Method:**

1. Preheat oven: Preheat oven to 200°C (180°C fan-forced).
2. Place the pearl barley, stock, tomatoes, olives, garlic and rosemary into a large heavy-based ovenproof casserole dish. Stir to combine and season with salt and pepper.
3. Season the beef rump with salt and pepper and spray lightly with olive oil. Place on top of the barley mixture and cover with the lid.
4. Cook covered for 30 minutes, then remove the lid and cook for a further 15-20 minutes for medium, or until done to your liking. Add the cannellini beans for the last 5 minutes of cooking.
5. Remove from oven, cover loosely with foil and rest for 15 minutes.
6. Slice the beef and serve over the barley mixture with steamed broccolini. Sprinkle with flat-leaf parsley.