

## Roast



1 Ingredient, 4 serves, 90 Minutes Total Time

1 kilogram of beef, lamb, mutton or veal

### Instructions

To cook the perfect roast meat, in a preheated oven at 180C/350F, use the following guidelines:

#### Beef:

rare requires 20-30 minutes cooking per 500g to an internal temp of 60-65C

medium requires 25-35 minutes cooking per 500g to an internal temp of 70-73C

well done requires 40-45 minutes cooking per 500g to an internal temp of 75-78C

#### Lamb:

medium rare requires 20-30 minutes cooking per 500g to an internal temp of 70-73C

medium requires 25-30 minutes cooking per 500g to an internal temp of 75-78C

well done requires 35-40 minutes cooking per 500g to an internal temp of 79-82C

#### Mutton:

well done requires 35-45 minutes cooking per 500g to an internal temp of 79-82C

#### Veal:

well done requires 35-40 minutes cooking per 500g to an internal temp of 75-78C

### Nutritional Information (per serving)

Calories	293
Total Fat	5g
Saturated Fat	3g

Cholesterol	138mg
Sodium	138mg
Total Carbohydrate	--
Dietary Fibre	--
Sugars	--
Protein	58g
Calcium	23mg
Iron	5mg
Magnesium	58mg
Phosphorus	530mg
Potassium	855mg
Vitamin C	--
Thiamine	--
Riboflavin	--
Vitamin B6	2mg
Vitamin E	1mg