



# MOUTHWATERING ROAST BEEF

## Ingredients:

2kg roast beef  
150ml dijon mustard  
8 garlic cloves  
75g tamari sauce  
1 pack onion soup base

Make 8 cuts in the roast with a sharp knife. Be sure to evenly spread the cuts around the roast beef, and that you cut to the middle of the roast. Insert a garlic clove in each cut.

In a separate bowl, mix the remaining ingredients together, except the onion soup base. Once combined, spread the mix evenly all over the roast.

Finally sprinkle the onion soup base on top of the roast, and place the meat on a pan covered with parchment paper.

## Prepare the EKA oven

Step 1: adjust the temperature to 450°F, 10 minutes and 2 blue indicator lights (humidity level).

Step 2: adjust the temperature to 200°F and the probe to 130°F, with a white indicator light (0 humidity). Press the preheat button and once the oven beeps, place the roast inside the oven and insert the meat probe into the center of the roast.

Once cooked, cover the roast with aluminum foil and let sit for 15 minutes before serving.