

Herb-Topped Beef Roast With Roasted Cauliflower

A juicy Top Loin Roast is rubbed with a simple mixture of garlic and thyme for big time flavor and served with roasted cauliflower for more wow!

INGREDIENTS

- 1 beef Top Loin Roast, Boneless (about 3 to 4 pounds)
- 4 teaspoons minced garlic, divided
- 1 tablespoon plus 1 teaspoon fresh thyme leaves
- 2 heads (about 2-1/2 pounds each) cauliflower, separated into florets
- 6 tablespoons olive oil, divided
- Salt and pepper
- 2/3 cups dry Italian-seasoned bread crumbs



2.25
Hours



16
Servings



42 Cal




21g
Protein

COOKING

1. Preheat oven to 325°F. Press 2 teaspoons of garlic evenly onto all surfaces of beef roast. Press thyme evenly over roast.
2. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in 325°F oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
3. Meanwhile, toss remaining 2 teaspoons garlic, 4 tablespoons oil and cauliflower on rimmed baking sheet. Season with salt and pepper, as desired. Cover with aluminum foil; bake on lower rack 45 minutes. Combine bread crumbs and remaining 2 tablespoons oil. Remove foil; sprinkle bread crumbs evenly over cauliflower. Continue to bake, uncovered, 30 to 45 minutes or until crumbs are golden brown and cauliflower begins to brown.
4. Remove roast when meat thermometer registers 135°F for medium rare; 145°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°-15°F to reach 145°F for medium rare; 160°F for medium.)
5. Carve roast into slices; season with salt and pepper, as desired. Serve with cauliflower.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
16		10g	42mg		9g	21g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com