

Nut-Crusted Top Sirloin Roast With Fennel-Radish Salad

Pine nuts and Dijon-style mustard bring a beautiful color to the outside of this tender roast. Paired with a fresh salad of fennel and radishes make this meal complete.

INGREDIENTS

1 beef Top Sirloin Petite Roast (1-1/2 to 2 pounds)
1/4 cup finely chopped pine nuts
4 tablespoons finely chopped fresh parsley, divided
3 tablespoons plus 1 teaspoon Dijon-style mustard, divided
1/3 cup reduced-fat dairy sour cream
3-1/2 cups thinly sliced fresh fennel bulb
1 cup thinly sliced radishes
Salt and pepper



1.75
Hours



6
Servings



42 Cal



27g
Protein

COOKING

1. Preheat oven to 325°F. Combine pine nuts, 2 tablespoons parsley and 3 tablespoons mustard in small bowl. Spread mustard mixture onto all surfaces of beef Top Sirloin Petite 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. Do not add water or cover. Roast in 325°F oven 60 to 75 minutes for medium rare to medium doneness.
3. Meanwhile, combine sour cream, remaining 2 tablespoons parsley and remaining 1 teaspoon mustard in large bowl. Add fennel and radishes, tossing to coat evenly. Season with salt and pepper, as desired.
4. Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 10 minutes. (Temperature will continue to rise about 10°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 fennel-radish salad.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		11g	80mg		8g	27g	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