

## Cajun Prime Beef

### *Ingredients*

*2kg Boneless sirloin roast beef, top round roast or any good quality beef roast with a layer of fat on top.*

*1 onion finely chopped.*

*1 celery stalk finely chopped.*

*1 bell pepper finely chopped.*

*3 - 4 teaspoons of OHCo. Cajun Spice.*

### *Directions*

Combine the OHCo. Cajun Spice with 2 tablespoons of either OHCo. Chilli Savory oil or Irish Garden Herb oil.

Place the roast in a large roasting pan, fat side up.

Make 6 to 12 deep cuts into the meat to form pockets down to a depth of 2cm from the bottom. Fill these with the above seasoned vegetable mix keeping about 1 tablespoon of the vegetables to rub over the top of the roast.

Slow cook, uncovered at 150°C for 3 hours for medium or slightly less for rare.

Lightly season with OHCo. Herb Sea salt, drizzle with juices from the pan & serve immediately.