



## Roast Beef and Goats Cheese Salad

(makes 1 generous serving)

*This is such a quick, tasty and protein-rich salad which you can happily mess around with dependent on your tastes and what's in stock. I have tried calves liver, shiitake mushrooms and blue cheese plus duck breast, dried cherries and mozzarella with good results - experiment!*

### Ingredients

1 tablespoon avocado oil  
150g pasture-fed beef fillet, finely sliced  
100g chestnut mushrooms, wiped and sliced  
30g soft goats cheese (keep it at room temperature for an hour or more so it is beautifully soft and creamy)  
2 handfuls mixed fresh nuts  
Balsamic vinegar  
Extra virgin olive oil  
Mixed green leaves

### Method

Warm the oil in a shallow pan over a fairly high heat and very quickly sauté the beef strips until they are just pink then remove to a plate with a straining spoon, cover and leave to rest.

Add the mushrooms to the remaining oil and quickly sauté until they are slightly crisp around the edges then remove to a plate with a straining spoon, cover and set aside.

Dry fry the nuts until nice and crunchy.

Place a generous bunch of green leaves in a bowl, top with the beef, the mushrooms, little scoops of the goats cheese and the nuts, drizzle over a good splash of Balsamic and what's left of the oil you cooked the beef and mushrooms in, season generously and dig in.