

ROAST BEEF SALAD

2 Portions | Preparation time 30 min

INGREDIENTS

250 g roast beef

Mix of lettuce

100 g goat's cheese

2 tablespoon quinoa

2 oranges

1 shallot

10 pieces of cherry tomatoes

2 tablespoon pomegranate fruit

2 tablespoon of olive oil

1 teaspoon honey

1 teaspoon lemon juice

Salt, colourful pepper

INSTRUCTION

Cook the quinoa for about 12 minutes and after cooking set aside for 5 minutes under a lid.

Wash the lettuce, if necessary, rip into smaller pieces. I use lamb's lettuce and lettuce 3 kinds in a pot.

Wash and cut the cherry tomatoes in half. Peel the shallot and cut into slices. Peel and file one orange. Peel the pomegranate and remove the fruit. Squeeze out the juice from the other orange.

Cut the goat's cheese into slices and fry in a dry frying pan on both sides until golden brown.

PURCHASE LIST

Roast beef

Goat's cheese

Mix of lettuce

Cherry tomatoes

Quinoa

Shallot

Oranges

Pomegranate

Fry the roast beef about 2-3 minutes on each side. After frying, sprinkle with salt and pepper on both sides. Put aside for 5 minutes to rest. After this time cut into 0.5 cm slices.

In a large bowl combine the salad ingredients: lettuce, cocktail tomatoes, shallot, orange, pomegranate, roast beef and goat cheese.

In a separate dish, we prepare dressing. Add ½ orange juice, lemon juice and honey to the olive oil. Season with pepper and salt. Mix. Add dressing to lettuce, stir.