

Five-minute roast beef salad



Five-minute roast beef salad Romas Foord

Mimi Spencer

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Serves 2; 248 calories per serving

240g pre-prepared carrot, cauliflower and broccoli florets in a bag

Handful of watercress and rocket leaves

100g cooked roast beef – slices from yesterday's roast or shop-bought, thinner and rarer the better

2 tbsp shaved parmesan

Salt and pepper

For the dressing

1 tbsp lemon juice

1 tbsp white wine vinegar

2 tbsp olive oil

2 tsp Dijon mustard

1 garlic clove, peeled

Salt and pepper

1 Microwave the veg in their bag on full power for 3-4 minutes. Drizzle 2 tbsp of the dressing over the warm vegetables.

2 Add watercress and rocket, and top with strips of beef and shavings of fresh parmesan. Season with cracked black pepper and serve.

Fast Cook *by Mimi Spencer is published by Short Books, and is available from the Times Bookshop for £8.99 (RRP £9.99), free p&p, on 0845 2712134; timesbooks.co.uk*

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 **Linda**

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