THE TIMES

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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