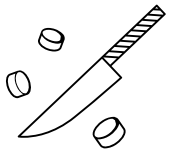
Venison Carpaccio

Mark Sargent's quick and easy Venison Carpaccio is guaranteed to be the talk of the dinner table



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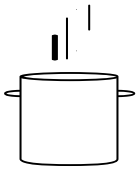

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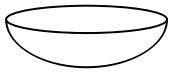

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Ingredients

For the venison carpaccio:

1 tbsp The Groovy Food Company Omega High Five Oil

85g/3oz venison loin

Salt and pepper

3 tbsp chopped fresh coriander

For the dressing:

2 tbsp The Groovy Food Company Agave Nectar Light Amber and Mild

1 lemon, zest and juice

1 tbsp English mustard

3 tbsp The Groovy Food Company Omega Cool Oil

Directions

For the venison carpaccio:

1. Rub the oil into the meat, season well and sear in a very hot pan for about one minute, browning all over.
2. Remove from the pan and leave to rest for 4-5 minutes.
3. Slice very thinly with a sharp knife and arrange in a single layer on a serving plate.

For the dressing:

1. Place all of the dressing ingredients together in a bowl and whisk well to combine.
2. Drizzle the dressing over the venison carpaccio and season again with sea salt and pepper.
3. Sprinkle the coriander over and serve.