

# BEEF CARPACCIO

**Time: 15 minutes (plus chilling)**

**Serves: 4**

### Ingredients:

6 ounces beef tenderloin  
1 handful baby kale  
1 tablespoon extra-virgin olive oil  
1 teaspoon fresh lemon juice  
 $\frac{1}{8}$  teaspoon fresh ground black pepper  
1 large pinch Maldon or other flaked salt  
1 ounce parmesan cheese - shaved

### Preparation:

Chill the beef in the freezer for thirty minutes. Slice the tenderloin into discs as thin as possible.

Place the slices slightly overlapped on a sheet of plastic wrap, leaving plenty of room at the edges. Cover with another layer of plastic wrap and carefully use a rolling pin to further thin and flatten the beef. It should become nearly translucent.

Remove the top layer of plastic wrap and carefully flip the sheet of beef onto a serving tray. Remove the other layer of wrap.

Sprinkle the beef with the remaining ingredients and serve immediately.

### Nutritional Information Per Serving:

Calories: 170  
Fat: 13g  
Carbs: 3g  
Fibre: 0.6g  
Protein: 11g