



Field of Greens

Ingredients

- 6-8 oz pasture-raised veal
- Sea salt
- Chives
- Ghee
- 3 cups Romaine
- 1 capful macadamia nut oil
- 1 capful balsamic vinegar



Directions

1. Heat ghee in skillet to coat the pan. Insert veal. Season with salt and chives.
2. Brown meat and flip a few times—it cooks pretty quick—on medium heat for about 10 minutes.
3. Toss romaine with oil and vinegar; serve immediately.