



Straccetti di Manzo con Rughetta e Parmigiano

Beef "rags" with Rocket and Parmesan Cheese

Ingredients (2 people):

- A 300 – 400 gr. (10-14 oz.) lean beef steak, very thinly sliced into "little rags" - ask the butcher to slice it for you
- Extra virgin olive oil
- Salt, pepper
- A bunch of rocket
- Parmesan cheese
- Wedges of lemon
- A frypan and a bowl

Preparation:

1. Put the 'rags' in a bowl. Pour over a couple of tablespoons of olive oil, season with salt and pepper, toss well with your hands and leave them to sit for 5 minutes.
2. Wash and dry the rocket and place it on the plates.
3. Warm a tablespoon of olive oil in a frypan over a medium/high flame. Place the rags and the oily juice from the bowl into the pan and brown them off.
4. Divide the meat between the plates, spooning over any juices, then grate some parmesan on it.
5. Pour over a bit of olive oil and serve with a wedge of lemon.

Keep Cooking and Enjoying Traditional Roman Food.

Buon Appetito!