

EASY, DECADENT LEFTOVER MEAL

Sarah Roberts

Serves 4

Why I Make This: This simple dish is easy to make with ANY leftover meat (optional) you have in the fridge and virtually ANY veggies. It's absolutely delicious, and totally versatile. Double the recipe if you have even more leftovers to use up. I hope you give this one a try!

INGREDIENTS

4 cups total of the following mixture (but you can use ANY vegetables you have on hand):
Chopped leeks (or onions), cauliflower florets, chopped red pepper, chopped mushrooms
Good drizzle of Extra Virgin Olive Oil (EVOO), for sautéing OR a tablespoon or two of (preferably grass-fed) butter
2 Tablespoons EVOO
Juice of half a lemon
½ teaspoon Himalayan salt & freshly ground pepper
2 cloves fresh garlic, minced
½ cup chopped flat leaf parsley (or 2 tablespoons of dried)
¼ cup chopped fresh mint (or 1 tablespoon dried)
¼ teaspoon dried oregano
8 kalamata olives (or any type you like), chopped

INSTRUCTIONS

1. In a large frying pan (or pot) over medium heat, add a drizzle of EVOO (or add the butter) and, once hot/melted, gently sauté the vegetables.
2. In a mug, whisk together the 2 tablespoons EVOO, lemon juice, garlic, salt and pepper. Set aside.
3. Once the vegetables are softened slightly, add in the EVOO/lemon/garlic mixture and allow the vegetables to cook and the sauce to reduce by about half, stirring often.
4. Add in the chopped or dried parsley, mint, oregano and olives and mix well.
5. Add in the cooked and chopped leftover meat (I have used lamb, beef, elk, chicken and salmon and all work well). You could also add in a can of well-rinsed and strained black beans, kidney beans or chickpeas for a completely vegetarian meal. Enjoy!

P.S. I sometimes add in a few tablespoons of goat cheese for a yummy twist!