

SEARED BEEF ROLLS

- 2 tsp olive oil
- 1 lb top round London broil
- 1 cup julienned peeled cucumber
- 1 cup sliced celery, cut on a diagonal
- 1/2 cup julienned GOOD EATS Garlic Dill Pickles
- 1 cup julienned peeled green apple
- 1/2 cup julienned red bell pepper
- 1/4 cup crumbled blue cheese
- 1 cup pea shoots (or arugula)

Heat oil in a medium nonstick pan over high heat. Season beef with salt and pepper. Sear 2 minutes on each side, cooking to medium-rare. Slice beef against the grain into thin pieces, about 1/8 inch thick, making slices as long as possible. Lay each piece on a flat surface and top with a pinch of each vegetable, apple, cheese, and pea shoots. Roll up beef so bits of apple and vegetables stick out.