

game-to-eat

A TASTY AND HEALTHY ALTERNATIVE TO LAMB, CHICKEN, BEEF OR PORK

Pan fried Partridge Breasts

Serve with potato cakes.

Serves: 4

Preparation: 0 mins

Cooking: 5 mins

INGREDIENTS

8 partridge breasts, skinned
2 tbsps olive oil

Dressing:

1 red onion, finely chopped
1 bunch watercress, finely chopped
1 tbsp chives, chopped
1 tbsp toasted pine kernels
1 tbsp red wine vinegar
6 - 8 tbsps olive oil

DESCRIPTION

Mix together all the ingredients for the dressing.

Fry the breasts in the hot oil until the meat has browned all over (4-5 minutes).

Cut the breasts into slices and serve with the dressing poured over.

