



Warm bison salad

- 2 tbsp (30 ml) olive oil**
- 1 lb (500 g) of boneless sirloin steak**
- 1/4 tsp (1 ml) of both salt and pepper**
- 1 1/2 cup (375 ml) sliced red onions**
- 2 garlic cloves, minced**
- 1/2 tsp (2 ml) dried rosemary**
- 1 tbsp (15 ml) Dijon mustard**
- 1/4 tsp (1 ml) granulated sugar**
- 1 cup (250 ml) vinegar**
- 6 cups (1,5L) fresh spinach slightly packed**

In a non-stick frying pan, heat half of the oil over medium heat. Sprinkle a pinch of salt and pepper on each side of the steak. Cook steaks according to taste (approximately 4 minutes for medium) and put in a plate and cover with aluminum foil. Let sit for 5 minutes then cut, across the grain, in thin slices. Add to the pan: onions, garlic, rosemary and the rest of the salt and pepper. Cook at medium heat, stirring occasionally, for 4 minutes or until the onions have softened. Meanwhile, mix in a serving dish the rest of the oil, the vinegar, the mustard and the sugar. Add the cooked onions and the spinach. Mix well with the vinaigrette. Place slices of bison meat on top.

Thank you and enjoy your meal !

Josée Toupin et Alain Demontigny

