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Pan Seared Venison Medallions

Serves 4

Ingredients

800gm Venison leg, sliced into 1cm thick medallions following the grain of the meat
Olive oil

Heat a large frying pan with 1 tablespoon of olive oil until very hot. Sear medallions for 1½ minutes only on each side, or until medium rare. Do not overcook. Allow medallions to sit for a few minutes – cover with foil to keep warm.

Serve on a bed of mashed sweet potato with seasonal steamed vegetables or tossed salad.

Recipe compliments of Mandagery Creek Venison

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