



## Chicken livers with raspberry vinegar

Chicken livers are the mildest of all liver recipes, easy to prepare and make a delectable meal. Combined with raspberry vinegar and thyme, butter and onions, they are delicious served on top of a bed of steamed or fresh spinach, with fresh avocado scattered on top.

With this recipe I sliced new potatoes thinly and pan-fried them with the onions and mushrooms to add extra sustenance as I hadn't eaten all day long. Needless to say I felt superbly well satiated after this delicious, nutrition-packed meal.

### Ingredients:

600 - 800g chicken livers	2 tbsp raspberry vinegar
Large knob of butter	1 tbsp dried or freshly chopped thyme
2 medium red onions, sliced lengthways	2 avocados, chopped
4 cloves of garlic, chopped chunky	4 handfuls fresh spinach leaves, 8 if steaming spinach
800g new potatoes, sliced thinly lengthways	2 tbsp balsamic vinegar
200g steamed beetroot, sliced	Salt and pepper to taste
250g mushrooms, quartered	
400g cherry tomatoes, halved	

### Method (serves 4):

Melt the butter in a large frying pan. On a medium heat, fry the onions for 5 minutes, then add the garlic, mushrooms and sliced new potatoes (if using) and fry for a further 10 minutes, stirring occasionally to make sure nothing is sticking to the bottom of the pan.

Add the chicken livers, thyme and cherry tomatoes and fry for approximately 10 minutes, stirring occasionally. Add the beetroot to the pan to warm it through. Scatter the raspberry vinegar over the top of the chicken liver meal and serve on a bed of fresh or lightly steamed spinach leaves.

Place a few chunks of avocado on top of each heaped plate. Drizzle with a little balsamic vinegar.

Add salt and pepper to taste.