

Thai Beef Salad

Ingredients:

- ❖ 2 cups of mixed lettuce leaves
- ❖ 1/2 cup of diced coriander
- ❖ 200g lean steak
- ❖ 1 red chilli, thinly sliced
- ❖ 2 tbsp lime juice
- ❖ 1/3 cup of light sweet chilli sauce
- ❖ 1/2 cup of cherry tomatoes, halved
- ❖ 1/2 cup of cucumber diced
- ❖ 1/4 cup of red onion, thinly sliced
- ❖ 1 cup of bean sprouts

Serves 2



Method:

Slice steak into strips and marinate in 1 tbsp of sweet chilli sauce, 1/2 tbsp of lime juice and sliced red chilli for 1-2 hours prior to cooking. To prepare the salad, place lettuce in a mixing bowl with cucumber, tomato, onion and bean sprouts, then toss to combine. Once ready cook steak in a frying pan over medium heat until cooked, whilst pouring remaining marinade over steak as it cooks. In the meantime prepare the dressing; combine remaining lime juice, sweet chilli sauce, and coriander in a small bowl and mix. Pour 3/4 of the dressing over the salad and toss to combine prior to serving. Once the steak is cooked, place the strips on top of salad and then pour remaining 1/4 of the dressing over the top of the salad.