

THAI BEEF SALAD

Makes 2 serves

Calories: 384cal Carbohydrates: 13.5g Protein: 38.1g Fat: 19.9g Fibre: 2.4g

INGREDIENTS

The dressing is key

DRESSING

- ½ teaspoon chilli, deseeded and finely sliced
- ½ small clove of garlic, crushed
- 1 tablespoon finely chopped coriander stems
- 2 teaspoon sugar
- 2 tablespoon fish sauce
- 3 tablespoon lime juice
- 1 tablespoon vegetable oil
- 1 pinch of salt

SALAD

- 200 - 250g beef steak
- 1 tbsp cooking oil
- Pinch of salt and pepper
- 2 cups of sliced lettuce
- 10 cherry tomatoes, halved
- ¼ small red onion, very finely sliced
- ½ cucumber sliced
- ¼ cup coriander leaves, lightly packed
- ¼ cup mint leaves, lightly packed

DIRECTIONS

DRESSING

Combine ingredients in a jar and shake well

SALAD

Cook steak to liking and slice thinly

Combine well with salad ingredients and dressing

When additional energy is required include 1 cup of cooked vermicelli rice noodles (or cooked rice). Season really these well, I use a little soy sauce or salt and pepper.

If feeling fancy you can garnish with crushed peanuts and coriander

Prawns, Chicken, Fish or Crispy Tofu can be used in place of the beef