

HEALTHY THAI BEEF SALAD

Thai flavours make this Beef Salad a true flavour experience!

EASY	10 MINS	5 MINS	4

Ingredients

- 500g Beef Rump Steak
- 1.5 tbsp fresh lime juice
- 1 garlic clove, crushed
- 1 tbsp brown sugar
- 2 tsp sesame oil
- 1 tbsp fish sauce
- small butter lettuce, torn
- 200g cherry tomatoes, halved
- 2 lebanese cucumbers, ribbons
- 1 red onion, sliced
- herbs/seasoning to taste
- (mint, thai basil, chilli)

Instructions

1. Whisk together lime juice, garlic, sugar, fish sauce and sesame oil in a jug. Place steak in a large snap-lock bag. Drizzle with half the dressing. Place in fridge for 15 minutes to develop the flavours.
2. Preheat a pan or barbecue to high heat. Cook steak for 2-3 minutes on each side for medium-rare or until cooked to your liking. Transfer to a plate covered loosely with foil for 5 minutes to rest.
3. Place lettuce, tomato, cucumber, onion and your choice of herbs in a large bowl. Thinly slice steak across the grain and add to salad. Drizzle with remaining dressing and gently toss to combine.