Thai beef salad

Preparation time
10

Cooking time
40-50

Serves
2

Recipe courtesy of
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Ingredients Method Nutrition

½ cup cashews

2 tbsp sesame seeds

1 tbsp honey

olive oil

300g fillet steak (porterhouse, eye fillet or scotch fillet)

salt and pepper (to season)

2 limes, juiced

2 tbsp fish sauce

1 long red chilli, sliced

1 tsp brown sugar

1 cup mixed lettuce leaves

½ bunch fresh herbs (coriander, basil or mint)

1 cucumber, cut into fine ribbons

1 carrot, cut into fine ribbons

1 cup bean sprouts, rinsed

1 cup rice noodles, cooked

1. To make the sticky cashews heat a small fry pan over medium heat, drizzle a small amount of olive oil and toss through the cashews (careful not to burn them), add honey and sesame seeds.
2. Stir until the sesame seeds are coating the cashews. Remove cashews from pan and set aside to cool.
3. Place steak onto a sheet of grease proof paper, generously season each side with salt and pepper and drizzle with olive oil.
4. Wipe pan clean and place back onto the heat. Once hot add steak, cook on each side for 3 minutes. Remove from pan and allow to rest for 5-10 minutes.
5. To make the dipping sauce combine lime juice, fish sauce, chilli and sugar; alter according to taste. In a mixing bowl combine lettuce leaves, herbs, cucumber, carrot, bean spouts and rice noodles, stir and coat with half the dipping sauce.
6. Divide salad between 2 plates, top with thin slices of rested meat, fresh chilli, sticky cashews and extra dipping sauce.

Nutritional information is provided per serve

Engery	3422kJ (818 calories)
Protein	48g
Saturated Fat	9g
Total Fat	43g
Carbohydrates	51g
Sugars	23g
Dietary Fibre	10g
Sodium	2154g