

Thai - Inspired Beef Salad

Serves 2-4

Low Cholesterol Calories 207 **Kcal Fat content** 6g

2-4 sirloin steaks well trimmed, approx 125g each



Ingredients

Marinade

Juice of 1 lime
1.5 tsp teriyaki sauce
5mm ginger, crushed
1 garlic clove, crushed
Ground mixed pepper

Dressing

Juice of 2 limes
1/4 Chinese chilli sauce
5mm ginger, crushed
1 garlic clove, crushed
Pinch of sugar
2 tbsp Thai fish sauce
1/4 tsp tsp teriyaki sauce

Cucumber Relish

1 cucumber
1/8 tsp teriyaki sauce
Pinch of sugar
2tbsp rice vinegar

Peel cucumber, halve, seed
and thinly sliced

Salad

1 packet baby spinach leaves
Sliced small radishes
Halved cherry tomatoes
Sliced spring onions
Chopped fresh coriander

Instructions

1. Combine the marinade ingredients into a dish.

Dredge the steaks in the mixture and leave to marinade for 15 mins or so.

2. Combine the dressing ingredients in a screw top jar, shake well and set aside.

Toss the cucumber relish ingredients in a small bowl and set aside.

3. Heat ridged grill pan. Remove the steak from the marinade and shake off the garlic and ginger.

Grill 3-5 minutes each side.

Turn once and brush with the marinade.

Remove to waiting plate and rest for a moment.

4. Spread spinach leaves onto a platter. Slice beef across slightly at an angle and put the slices into a bowl.

Add any juices that have accumulated under the beef to the dressing and pour dressing over beef slices.

Mix with 2 spoons to coat the beef with the dressing.

Arrange the beef slices over the spinach leaves.

Surround with cucumber relish, radishes and tomatoes.

Sprinkle with sliced spring onions and coriander.

