



Thai beef salad

2 Serves



COOK



EAT

ENJOY

ENJOY

Ingredients

200gms lean rump or fillet of beef

100gms dried rice noodles

1 tomato, cut into wedges

1 small cucumber sliced

½ of small red onion, finely sliced into rings

1 radish, thinly sliced

1 tbs chopped mint leaves (4 leaves)

1 tbs chopped coriander leaves (4 leaves)

40g parmesan

Dressing

Juice from 1 lime

1/2 tbs caster sugar dissolved in 1 tbs water

1 tbs Thai fish sauce

1 red chilli, seeded and finely chopped

1 tbs chopped mint

1 tbs chopped coriander



Method

Step 1

Spray grill or pan with oil. Grill or pan-fry beef until slightly pink in middle. Cool and slice thinly.

Step 2

Combine dressing ingredients in a jug, pour over the beef and set aside.

Step 3

Prepare noodles according to packet directions. Rinse under cold running water, drain and set aside.

Step 4

Mix remaining salad ingredients together. Toss in noodles and top with beef and dressing.

Serves per portion:

