



HEALTHY THAI BEEF SALAD

Ingredients:

500g Rump Steak
½ cup mint
½ cup coriander
2-4 cups salad greens
1 cup bean sprouts
3 spring onions, sliced
10-12 cherry tomatoes, halved
1 lebanese cucumber, thinly sliced lengthwise
Chopped or crushed raw or roasted peanuts

Dressing:

Juice from 2 limes
1 fresh red chilli, seeds removed and finely diced
1 tablespoon fish sauce
1 teaspoon stevia (or 2 teaspoons brown sugar)

Heat frypan on med to high heat – cut any fat off the steak and cook - 4 minutes on one side, flip 2 minutes on other side and then rest for 2 minutes – then finely slice.

Whilst steak cooking, in a large bowl toss the mixed greens, cherry tomatoes, cucumber, spring onions, mint, coriander and bean sprouts.

Mix the salad ingredients together and then toss through salad mixture.

Place the salad on individual serving plates and place the steak on top, and sprinkle with crushed peanuts.