



# Thai Beef Salad

One of Sonia's absolute faves!  
(adapted from a thermomix recipe)

Serves 4 - Prep time: 15 mins - Total time: 1hr 15mins

## Ingredients

### Beef marinade

- 500g beef fillet steak
- 4 Garlic Cloves crushed
- 4cm Piece Fresh Ginger
- 1tbsp Fish Sauce
- 1tbsp Rice Wine Vinegar
- 1tbsp Oyster Sauce
- 1tsp Sesame Oil

### Dressing

- 2 Fresh long red chillies, trimmed and deseeded if preferred, cut in half
- 4 Garlic Cloves
- 30ml Fish Sauce
- 30ml Lime Juice
- 20g Sugar Substitute - Stevia etc
- 1 stalk Lemongrass - white part only, cut into pieces 2-3cm
- 1/2 Brown Onion
- 30g Red Onion cut into thin slices
- 2tsp Sesame Oil

### Salad

- Bag Baby Spinach
- Bunch Fresh Coriander
- Bunch Fresh Mint
- Bunch Fresh Thai Basil
- 1 Lebanese Cucumber
- 5-10 Cherry Tomatoes, cut in half
- 1 Fresh long red chilli, deseeded and chopped (if you like it hot!)
- 2 Spring onion, trimmed and cut into thin slices
- 50g Chopped roasted peanuts

## Directions

**Mix** marinade ingredients in a ziplock bag, place beef inside and seal. Leave in fridge for at least 3 hours.

**Cook** steak in a hot frypan (medium rare is best), remove from heat and slice into thin strips

**Combine** salad ingredients (using as much coriander, mint & basil as you like) apart from the spring onion and peanuts.

**Finely chop** or, better yet, whiz in a blender all dressing ingredients.

**Serve** steak over the salad, top with the dressing, chopped nuts and chopped spring onion

	Protein	Carbs
Approx per serve	34g	13g

