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Thai Beef Salad with Rice, Mint & Lime

If a whopping great steak leaves you feeling like a python trying to digest a crocodile, look no further than this fresh Thai beef salad. Lovely tender strips of marinated steak are right at home in a zingy combination of refreshing mint and cooling cucumber.



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



level 1



**lactose
free**

Pantry Items



Water



Salt-Reduced
Soy Sauce



Fish Sauce



Vegetable Oil



Brown Sugar



Warm Water



Jasmine Rice



Premium Beef
Rump



Roma Tomato



Cucumber



Mint



Red Onion




Lime


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QTY	Ingredients
2 packets	Jasmine rice, rinsed well
6 cups	water *
4 tbs	salt-reduced soy sauce *
2 tsp	fish sauce *
1 tbs	vegetable oil *
2 steaks	premium beef rump
2	roma tomatoes, roughly chopped
2	cucumbers, sliced in half lengthways & chopped
1 bunch	mint, roughly chopped
½	red onion, finely sliced
1	lime, zested & juiced
1 tbs	brown sugar *
1 tbs	warm water *



Ingredient features in another recipe



Pantry Items



Pre-preparation

Nutrition per serve

Energy	2180	Kj
Protein	35.3	g
Fat, total	10.2	g
-saturated	3.1	g
Carbohydrate	70.2	g
-sugars	7.8	g
Sodium	740	mg



You will need: *chef's knife, chopping board, sieve, zester, medium saucepan, small bowl, shallow dish, large frying pan and tongs.*

1 Place the **Jasmine rice** in a medium saucepan with the **water** and bring to the boil over a medium-high heat. Simmer, uncovered, for **10-12 minutes**, or until the rice is tender. Drain and set aside.

2 Meanwhile, combine the **salt-reduced soy sauce**, **fish sauce** and **vegetable oil** in a small bowl. Place the **premium beef rump** into a separate bowl or shallow dish and cover in half the soy sauce mixture (the reserved mixture will later become your salad dressing).

3 Heat a large frying pan over a medium-high heat. Add the steak (drain any excess marinade) and cook for **2-3 minutes** on each side for medium-rare, or until cooked to your liking. Baste the steak a couple of times with any excess beef marinade. Cooking times may vary depending on the thickness of your steak. Transfer to a plate and cover with foil. Rest for **5 minutes** (this ensures the steak will be moist and juicy), covered with foil, then cut into 5 mm thick slices.

Tip: Don't be tempted to skip resting the steak. This is an integral part of the cooking process and will ensure your steak is tender and juicy.

4 While the steak is resting, combine the **roma tomato**, **cucumber**, **mint** and **red onion** in a large bowl. Add the **lime zest** and **juice**, **brown sugar** and **warm water** to the reserved soy sauce mixture and pour over the salad. Gently toss through the steak.

5 To serve, plate your Thai beef salad with the Jasmine rice. Drizzle any excess dressing over the rice. Yum!

Did you know? The phrase “cool as a cucumber” is derived from the cucumber’s ability to cool blood temperature.