

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













Brown Sugar Warm Water



Jasmine Rice



Premium Beef Rump



Roma Tomato



Cucumber



Mint





Red Onion



QTY	Ingredients		⊕ Ingredient fe	
2 packets	Jasmine rice, rinsed well		in anothe	rr
6 cups	water*			
4 tbs	salt-reduced soy sauce *		^ Pantry Ite	ms
2 tsp	fish sauce *		Pre-prepa	ırat
1 tbs	vegetable oil *		The prepa	
2 steaks	premium beef rump		Nutrition pe	r se
2	roma tomatoes, roughly chopped			
2	cucumbers, sliced in half lengthways & chopped		Protein	
1 bunch	mint, roughly chopped		Fat, total	
1/2	red onion, finely sliced	 	-saturated	
1	lime, zested & juiced		Carbohydrate	
1 tbs	brown sugar *		-sugars	
1 tbs	warm water *		Sodium	
	2 packets 6 cups 4 tbs 2 tsp 1 tbs 2 steaks 2 2 1 bunch ½ 1 1 tbs	2 packets 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 1/2 red onion, finely sliced 1 lime, zested & juiced 1 tbs brown sugar *	2 packets 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 1/2 red onion, finely sliced 1 lime, zested & juiced 1 tbs brown sugar *	2 packets G cups Water * 4 tbs Salt-reduced soy sauce * 2 tsp fish sauce * 2 steaks premium beef rump 2 roma tomatoes, roughly chopped C uccumbers, sliced in half lengthways & chopped 1 bunch mint, roughly chopped 1 bunch mint, roughly chopped 1 lime, zested & juiced 1 lime, zested & juiced 1 tbs brown sugar * in anothe

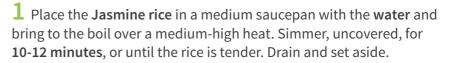
	 Ingredient features in another recipe Pantry Items Pre-preparation 			
	Nutrition per	2180	IZ:	
	Energy	2180	Kj	
	Protein	35.3	g	
	Fat, total	10.2	g	

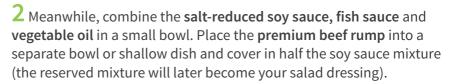
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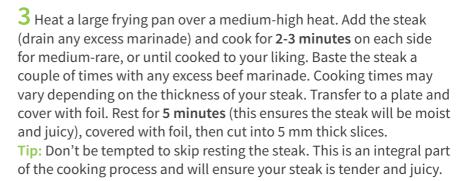
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You will need: chef's knife, chopping board, sieve, zester, medium saucepan, small bowl, shallow dish, large frying pan and tongs.







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.