

# SEARED ASIAN BEEF

## BEST NOODLE SALAD & GINGER DRESSING

SERVES 4 | 585 CALORIES

*Ingredients out • Kettle boiled • Large frying pan, high heat*

### Salad

50g cashew nuts  
1 tbsp sunflower seeds  
2 tbsp sesame seeds  
200g fine rice noodles  
1 romaine lettuce  
1 large carrot  
1 bunch of radishes  
½ a cucumber  
1 big bunch of fresh coriander  
3 spring onions  
1 punnet of cress  
1 pack of alfalfa sprouts

### Steak

1 x 450g rump steak, fat removed  
2 tsp Chinese five-spice  
olive oil

### Dressing

1 x 105g pack of pickled ginger  
2 limes  
1 tbsp fish sauce  
1 tbsp low-salt soy sauce  
1 tbsp sesame oil  
½ a fresh red chilli

### START COOKING

Toast the cashews, sunflower and sesame seeds in the frying pan, tossing regularly until golden, then tip into a bowl, return the pan to the heat and turn the heat up to high • Put the noodles into another bowl with a pinch of salt and cover with boiling water • Rub the steak with salt, pepper and the five-spice, and put into the frying pan with 1 tablespoon of olive oil, turning every minute until cooked to your liking

In another bowl, mix together the pickled ginger and its juice, the juice of 1 to 2 limes, the fish and soy sauces and sesame oil, then finely slice and add the chilli • Trim the lettuce and break the leaves apart, shredding any larger ones, then scatter over a large board • Coarsely grate over the trimmed carrot, using a box grater • Halve the radishes, roughly chop the cucumber and the top leafy half of the coriander and trim and finely slice the spring onions

Pile all the veg on the board, snip over the cress and scatter over the alfalfa sprouts • Drain the noodles, rinse and drain again, then add them to the board • When the steak is done, move it to a board to rest, then slice and place on top of the salad, pouring over any resting juices • Scatter over the nuts and serve the dressing on the side, with any remaining lime wedges