

Warm Thai Beef Salad

A delicately flavoured yet filling salad that can be made as fiery as you like. A delicious way to also boost your immunity.

500g fillet, porterhouse or rump steak
¼ cup tamari
1 tbsp fish sauce
¼ cup mirin, or lemon or lime juice
1 tbsp ginger, grated

Salad

2 cups salad greens – include rocket and baby spinach
2 Lebanese cucumbers, finely sliced
4 small red thai chillies, finely sliced (optional)
1 cup cherry tomatoes, halved
½ cup fresh Vietnamese or ordinary mint leaves
1 cup bean sprouts
6 spring onions, sliced diagonally
1 cup fresh coriander or basil leaves

Dressing

1 tbsp tamari
1 tbsp lemon or lime juice
1 tbsp ginger, grated
1 clove garlic, minced
1 tbsp honey

Marinate beef in tamari, fish sauce, mirin and ginger for at least 2 hours in the fridge. Drain beef. Cook on a hot grill plate or frypan until browned on both sides and cooked to taste. Cool slightly and slice finely. In a large salad bowl, combine all the salad ingredients. Place all the dressing ingredients in a lidded jar or container and shake well. Add beef and dressing to salad and mix well.

Serves 4

