

# Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in  
"Foodie Thursday".

## Easy Thai Beef Salad

ready in under 25 minutes!



### Ingredients – serves 4 people

600gm beef steak (4 x 150gm flank / rib eye – flattened to 10mm thickness)  
sea salt & black pepper freshly milled (to taste)

oil to brush over the steak  
dressing ingredients  
2 thai birds eye red chilli peppers (wash & stem removed the chop)  
4 coriander stalks (washed & keep the picked leaves for the salad)  
2 large garlic cloves (crushed)  
3 Tbsp fish sauce  
2 Tbsp soy sauce  
2 large limes (zested & juiced)  
2 Tbsp liquid honey

1 Tbsp sesame oil  
salad ingredients  
2 large spring onions (washed & sliced at a 45° angle)  
1 cup beansprouts (washed)  
1 large red pepper (washed, cut into 5mm strips)  
2 cucumbers (washed, cut in half and chopped roughly)  
1 small red onion (peeled, sliced into thin strips)  
1 head romaine lettuce (washed & roughly torn)  
4 Tbsp roasted cashew nuts (chopped or smashed roughly)

### Method

Pre-heat a heavy based pan over a high heat.  
Brush the steaks with oil then season with salt and black pepper.  
Carefully place into the preheated pan.  
Prepare the dressing by;  
Place chilli peppers, coriander stalks, garlic, fish sauce, soy sauce, lime juice & zest, honey and sesame oil into a blender / food processor.  
Blitz on high until fully mixed. Leave to the side.

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Turn the steaks after 3 minutes and continue to cook for a further 2 – 3 minutes.  
Remove from the pan and allow to rest on a warm plate.

Place all prepared salad ingredients into a large bowl and toss together gently to mix.  
Pour over half of the salad dressing and toss together lightly.

Slice the rested steaks into strips – cutting against the grain.  
Arrange the sliced steaks onto the serving plates or 1 large family serving platter.

Pile the dressed salad onto the serving plates / serving platter.  
Sprinkle over cashew nuts and serve with extra dressing on the side and extra lime wedges if desired.

This salad is quite filling, but you may choose to enjoy with your choice of steamed rice, sweet potato wedges or bread!

## Notes from the chef:

The dressing is a perfect combination of spicy, salty and sour but can be adjusted to suit your personal tastes. It can be made in advance and kept in the fridge for several weeks.

If you have a seafood allergy or simply do not like the taste of fish sauce, substitute the same amount with good quality soy sauce.

Take the steak from the fridge at least 30minutes before you want to cook it to allow it to come to room temperature. Remove any cling film or plastic cover and allow it to ‘breathe’ which helps relax the muscle structure and improve the flavour and tenderness.

This salad can be adapted for Keto and / or Paleo Diets by using Coconut Amino’s instead of soy sauce and fish sauce.

Tbsp - tablespoon  
Tsp - teaspoon