



HOBSON'S
CHOICE

THAI BEEF SALAD

SERVES 2

Inspired by: Nagi | RecipeTin Eats

Appliance: Teppanyaki

Settings: 200°C

Preparation Time:

20 minute

Cooking Time:

5 minutes

INGREDIENTS

DRESSING

1/2 tsp birds eye or Thai Chilli, deseeded and finely minced (Note 1)

1/4 tsp finely minced garlic (1/2 small clove)

1 tbsp finely chopped cilantro/coriander stems

2 1/4 tsp white sugar

2 tbsp fish sauce

3 tbsp lime juice

1 tbsp grapeseed oil (or canola or vegetable oil)

1 small pinch cooking / kosher salt

SALAD

7 - 8 oz / 200 - 250g good quality beef steak - sirloin, at room temperature

1 tbsp oil (vegetable, peanut or canola oil)

1/4 tsp each salt and pepper

2 heaped cups mixed lettuce leaves

10 cherry tomatoes, halved

1/4 small red onion, very finely sliced

1/2 cucumber (optional deseeded), cut horizontally then cut into slices (about 1/3 cup)

1/4 cup cilantro/coriander leaves, lightly packed

1/4 cup mint leaves, lightly packed

GARNISH

1/4 cup finely chopped peanuts, roasted, unsalted

Extra cilantro/coriander and mint leaves

METHOD

DRESSING

Place the bird's eye chilli, garlic, cilantro stems and a small pinch of salt into a mortar and pestle. Grind until a smooth paste forms.

Add the remaining Dressing ingredients. Adjust sugar, lime juice and fish sauce to taste.

Set aside.

Alternative: Finely mince garlic, coriander and chilli. Use the side of the knife to smear into a paste on the cutting board, then shake in a jar with the remaining ingredients.

BEEF

Preheat a skillet over high heat until screaming hot and smoking.

Drizzle the beef with 1/2 tbsp of oil on both sides, then sprinkle with a good pinch of salt and pepper. Cook the beef to your liking.

Cook times: for steak 2cm / 4/5" thick, 2min on each side for medium rare (until internal temp is 52°C/125°F) OR 2 1/2 min each side for medium (internal temp 57°C/135°F).

Remove the beef from the skillet onto a plate. Loosely tent with foil and set aside for 10 minutes to rest.

SALAD

Place lettuce in a bowl, drizzle with 1 tbsp Dressing and toss.

Slice the beef thinly against the grain and place in a bowl with the remaining Salad ingredients. Dress with most remaining Dressing and toss gently.

Pile dressed lettuce onto plate(s), pile over beef and other salad ingredients.

Sprinkle with peanuts and garnish with extra cilantro/coriander and mint leaves if using, drizzle with remaining Dressing.

Serve immediately!