

HEALTHY COOKING

▶ BEEF SALAD



SERVES 2

INGREDIENTS

- ▶ 200g lean steak
- ▶ 4 cups salad leaves
- ▶ 150g (10cm piece) cucumber, thinly sliced
- ▶ 2 tomatoes cut into wedges
- ▶ ½(50g) red onion, sliced

DRESSING

- ▶ 2 Tbs soy sauce
- ▶ Juice from 1 fresh lime
- ▶ ½ fresh chilli (optional)
- ▶ 1 tsp sesame seeds, toasted
- ▶ Splash of fish sauce
- ▶ 1 tsp sesame oil
- ▶ 2 Tbs fresh coriander and Thai basil, chopped

Mix all dressing ingredients together. Grill steak until cooked how you like (medium is ideal). Meanwhile, place remaining salad ingredients on to two plates. Once steak is cooked, slice thinly and place half on top of each salad. Serve with dressing.

Each serving:

Protein: 20g | Carbohydrate: 6.5g | Oil: 5ml

Tip: Make extra to take some for lunch the next day!

NEW IMAGE