

# Get more serves of vegies into your day this Spring

## Thai Beef Salad



Serves 4.

🕒 20 minutes preparation + 5 minutes cooking

🥗 11 serves of vegies in this recipe

### Ingredients:

400g lean rump, or fillet of beef  
Olive or canola oil spray  
**Dressing**  
Juice of 2 limes (or 1/3 cup of lemon juice)  
1 tablespoon caster sugar dissolved in 1 tablespoon boiling water  
2 tablespoons Thai fish sauce  
1 red chilli, seeded and finely chopped  
1 tablespoon chopped mint  
1 tablespoon chopped coriander

**Method:** Grill or pan-fry (in a non-stick pan sprayed with a little oil) the beef rare. Cool and slice thinly. Combine dressing ingredients and pour over the beef. Mix salad ingredients together. Top with beef and dressing. Serve immediately.

**Hint:** The beef is best served rare but can be cooked to your liking.

### Salad

6 lettuce leaves, shredded  
2 tomatoes, cut into wedges  
1 small cucumber, sliced  
1 small red onion, finely sliced into rings  
2 radishes, thinly sliced  
8 mint leaves  
8 coriander leaves  
Red chilli, seeded and finely chopped (optional)



## The more you eat, the more they'll eat.

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