

## Thai beef salad

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## Thai beef salad

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To help you feel fuller for longer and more energised, incorporate a protein-rich ingredient such as beef into your salad as we have done in this Thai beef salad.

### Ingredients (serves 2)

- 180g beef fillet
- Salt and pepper
- 2 cups cabbage, shredded
- 1 cup carrot, shredded or grated
- 1 tsp mint, finely chopped
- 2 tbs coriander, roughly chopped
- ¼ cup fresh lime juice
- 1 tsp fish sauce
- 1 tbs sugar
- 1 tsp fresh chilli, finely chopped
- ¼ Spanish onion, sliced
- 1 lime, quartered, to serve
- Spray oil

### Method

Heat a frypan to medium heat. Spray oil in the pan. Season the beef fillet on both sides with salt and

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pepper. Place the beef into the frypan and cook each side for two minutes. Remove the meat from the frypan and allow to rest for a few minutes.

Place the cabbage, carrot, mint and half of the coriander into a bowl.

In another bowl, add the lime juice, fish sauce and sugar and stir until the sugar dissolves. Pour over the salad and top with the chopped chilli.

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