

ASIAN STEAK SALAD

Serves 4

INGREDIENTS

- beef steak, 600g (type of your choice)
- bean sprouts x 300g
- sugar snaps x 300g
- radishes x 150g, quarter
- lemon x 1
- red chilli x , slice
- fresh coriander x 20g, finely chop
- fresh mint x 20g, whole leaves
- rice wine vinegar x 50ml
- soy sauce x 25ml
- toasted sesame seed oil
- olive oil
- sea salt
- black pepper

METHOD

- heat butter/oil over a high heat in a frying pan
- season the steak with sea salt and black pepper on both sides
- add the steak to the frying pan and cook for 2 minutes on each side
- remove from the heat, place on a plate and set aside
- heat a saucepan of water over a high heat, until boiling
- add the sugar snaps and cook for two minutes
- remove from the heat, drain and put the sugar snaps into cold water for 1 minute
- drain, dry in kitchen paper and set a side
- for the dressing, mix the soy sauce, rice wine vinegar and 10ml of lemon juice
- put the bean sprouts, sugar snaps, radishes, mint leave and red chilli into a large mixing bowl
- drizzle with toasted sesame seed oil
- thinly slice the steak and add to the mixing bowl
- spoon the ponzu dressing over the top and mix well
- transfer the salad from the mixing bowl to a large salad bowl
- season with sea salt and black pepper
- garnish with fresh coriander