

Asian Beef Salad

Serves: 1
Prep time: 10 Minutes +
Marinating: 2 Hours +
Cooking time: 8 Minutes

Ingredients:

- 120-150g Scotch fillet, thinly sliced
- 1 tablespoon olive oil
- sprig of fresh coriander

Marinade:

- 1 clove garlic, grated
- 1 teaspoon fresh ginger, grated
- 2 teaspoons white vinegar
- 1 tablespoon chilli sauce
- 3 tablespoons soy sauce
- 1 teaspoon honey
- 2 tablespoons chilli oil

Serve with a salad of choice



Fast and Fresh

Method:

- Cut the steak into large bite-size pieces, slightly flatten the steak with a meat mallet
- Place all the marinade mixture into a bowl or ziplock bag and mix to combine
- Add the steak pieces to the marinade, stir, to coat each piece of meat. Set aside, refrigerator for at least 2 hours or overnight, drain the meat, **reserve the liquid**
- Heat the oil in a medium frying pan and add the steak, do not overlap. Cook for 2 minutes each side. Remove from heat, cover and set aside
- Add the reserved liquid to the pan and simmer for 2-3 minutes, until it reduces slightly
- Arrange the salad on a plate, add the steak and pour sauce over
- Garnish with chopped coriander

Serve warm, Enjoy