

## Thai beef salad

Search:

- [Beef](#)
- [Dinner](#)
- [Recipes](#)

## Thai beef salad

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

## Thai beef salad

---



Rate this recipe

0 people are cooking this [Count me in](#)

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
- $\frac{1}{4}$  cup fresh lime juice
- 1 tsp fish sauce
- 1 tbs sugar
- 1 tsp fresh chilli, finely chopped
- $\frac{1}{4}$  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

---

## Thai beef salad

---

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.

```
function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```