

## East-West Beef Salad with Coriander Dressing

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### Who?

This recipe is brought to you by Nikki Martin, personal trainer and nutritional advisor. For more recipes visit [www.nikkimartin.co.nz](http://www.nikkimartin.co.nz).

The strong and delicious flavours in the dressing of this salad are intended for those who like strong Asian seasonings.



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### Ingredients

#### 2 Servings

200g lean rump steak cut 2 cm thick  
1 tbsp fish or soy sauce  
1 tbsp canola oil  
Mixed salad leaves  
Cucumber chunks  
Cherry tomatoes  
Sliced cooked green beans  
1/4 avocado sliced thinly  
Basil leaves  
Powder or minced red chilli

#### Dressing

1 to 2 cloves garlic, thinly chopped  
1 tbsp finely chopped lemon grass  
1 tbsp sugar  
1 tbsp fish sauce  
2 tbsp fresh lime juice  
2 tbsp water  
1/4 tbsp salt  
1/2 tbsp chilli  
2 to 3 tbsp chopped coriander  
1 chopped spring onion

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### Method

Trim any fat from the steak, coat steak with the soy sauce and oil and leave to marinate for at least 15 minutes, or up to 24 hours in the refrigerator.

Prepare the salad ingredients, making two salads in shallow bowls.

About 15 minutes before serving, preheat a non-stick pan over high heat, and pan grill steak in the dry pan for 1 to 2 minutes per side until brown on the outside but pink in the middle. Put steak on a carving board and leave to cool.

To make the East-West Coriander Dressing, finely chop the garlic and thinly sliced lemon grass in a food processor or blender. Add the remaining dressing ingredients and process until coriander and spring onion leaves are chopped.

Just before serving, slice the cooked meat thinly into strips and coat with part of the dressing. Arrange slices on the individual salads and drizzle over extra dressing. Serve with crusty bread or with bowls of Basmati rice.

NB. Replace rump with sirloin, rib eye or fillet steak if desired. Although avocados are high in fat, it is heart friendly monounsaturated fat.

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