

## Beef Salad Recipe

(Yum Nuea)

**THAI**food

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### Note:

These are the recommended amounts required for a meal for **four** people. Please adjust the amounts accordingly for more or less people.

### Ingredients:

- 500g Beef fillet, trimmed**
- 1 small cucumber, halved lengthways, deseeded and finely sliced**
- 2 tbsp fresh lime juice**
- 4 Chinese chives, finely sliced (diagonally)
- 1 tbsp sunflower oil
- 3 red chillies, deseeded and finely chopped
- 1 handful each of mint, coriander and flat-leaf parsley
- 2 tbsp Fish Sauce
- 2 tbsp Palm sugar



**Cooking Time:** 20 to 30 minutes.

### Method:

1. Heat a frying pan over a high heat until very hot, brush the beef with the oil and then season generously. Fry for 2-3 minutes on each side until charred on the outside but nice and rare on the inside. Leave to rest for 10 minutes then cut into thin slices and place in a shallow dish, reserving any juices.
2. Add the chillies, cucumber, Chinese chives and herbs.
3. Make the dressing by whisking all the ingredients until well combined.
4. Pour the dressing over the salad and carefully toss together. Divide between four dishes and serve immediately.
5. Serve with the usual Thai condiments such as fish sauce, dark sweet soy, and sriracha sauce if you wish.
6. It should also be served with jasmine rice, but it's also delicious with sticky rice (soaking up the sauce). *Yam nuea* literally means "tossed beef". This is a simple beef salad, and can be eaten hot or cold.

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