



Zesty Thai Beef Salad

A flavorful mix of stir-fried beef, crisp sugar snap peas, spring onions, and fresh mixed leaves, paired with roasted peanuts, carrot ribbons, and baby cucumber slices. Tossed in a zesty dressing of soy sauce, fish sauce, lime juice, brown sugar, garlic, and red chili, this salad is a vibrant blend of savory, sweet, and spicy notes with a satisfying crunch.

Ingredients

- Stir-fry Beef Strips
- Carrot
- Sugar Snap Peas
- Baby Cucumber
- Spring Onion
- Roasted Peanuts
- Mixed Leaves
- Soy Sauce
- Lime
- Fish Sauce
- Garlic Clove
- Brown Sugar
- Red Chili

Your Pantry

- Olive Oil
- Pepper

Nutritional Info

Calories: 368 kcal
Carbohydrates: 19 g
Protein: 38 g
Fat: 16 g

Allergens

[Fish \(Fish Sauce\)](#)
[Wheat \(Soy Sauce\)](#)
[Soy \(Soy Sauce\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Marinate the beef**

Peel and crush the garlic. Conserve about $\frac{1}{4}$ of a clove per person to put in the dressing. Add the rest of the garlic alongside the beef to a bowl with a drizzle of oil, soy sauce, and season with pepper. Mix well, cover, and leave to one side.

2) **Make the salad**

Peel the carrot and cut into very thin match sticks, or use a peeler to peel them into ribbons. Cut the cucumber lengthways down the middle, then cut in half (you can remove the seeds if you like) and then into thin strips. Cut the sugar snap peas horizontally at an angle to create diagonal slices. Finely slice the spring onion. Combine in a bowl with the mixed leaves.

3) **Make the dressing**

Put the sugar, fish sauce, and the juice from the lime into a bowl. Stir well until all the sugar is dissolved (if not fully dissolving, try putting in the microwave for a few seconds to add some heat). Cut the red chilli into fine slices diagonally. If you don't like heat, remove and discard the seeds. Add the chilli and garlic to the small bowl and wash your hands thoroughly (be careful about touching your eyes and nose after cutting chilli). Stir well, then set aside.

4) **Stir fry the beef**

Place a wok or non-stick frying pan on a high heat. Once nice and hot, add in the beef strips and stir fry for about two minutes or until cooked to your liking and tender. Remove to a plate and allow to cool slightly until just warm.

5) **Finish the dish**

Add the beef and peanuts to the bowl of salad with as much dressing as you like, and toss until combined. Spoon onto plates and enjoy.



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