



Eating Fit

"It's what you put in!"




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THAI BEEF SALAD

WITH WILD RICE

For more health and fitness tips follow Amy at:  @amyleegiannotti  @giannotti_amy

THAI BEEF SALAD

WITH WILD RICE



COOKING TIME
20 minutes*



SERVINGS
2

INGREDIENTS

250g Sirloin, rump of fillet steak, lean

1 cup Wild rice, cooked

2 cups Mixed lettuce leaves

1 cup Beans sprouts, fresh

1/2 Cucumber, sliced

8-10 Cherry tomatoes, halved

6-8 Kaffir lime leaves, fresh

1/3 cup Mint leaves

1/4 cup Coriander (cilantro) leaves

1 tbs Fresh basil, chopped

6 Peanuts, chopped

1-3 Red chillies, (to your liking!)

DRESSING & MARINADE:

1-2 tsp Salt reduced soy sauce

2 tsp Fish sauce

1/4 cup Lime juice, (2-3 limes)

1 tsp Garlic Paste
(Gourmet Gardens)

1 tsp Ginger paste
(Gourmet Gardens)

1 tsp Sesame oil

1 tsp Honey

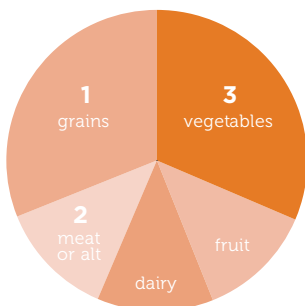
METHOD

- 1 Pre heat oven to 180°C
- 2 Cook wild rice according to instructions. Rice can be served hot or cold
- 3 In a small bowl combine dressing and marinade ingredients
- 4 Divide mixture and use 1/2 to marinate steak in a sealed container in fridge for 5–10 minutes. If have the time marinate meat for 2 hours to absorb flavours and flip/turn occasionally
- 5 On a hot pan/BBQ brown steak for 1-2 minutes and transfer on to a baking tray lined with foil and place in oven for 6-10 minutes or until cooked to you liking
- 6 Remove steak from oven and let rest
- 7 In a large bowl combine remaining salad ingredients and dressing and divide between two serves
- 8 Slice steak across the grain to serve on top of salad
- 9 Serve with 1/2 cup wild rice on side

TIPS

- To save time cook wild rice in advance as can take up to 45 minutes.
- Long grain brown rice, quinoa, freekeh or farro can be used as an alternative to wild rice.
- Chicken, prawn, tofu or tempeh can be used as an alternative to beef.

GUIDE TO HEALTHY EATING



**PROUDLY
SUPPORTED BY**

Pino's Fine Produce
The Essential Ingredient

PETER BOUCHIER
EST 1983
BUTCHERS OF DISTINCTION

NUTRITION INFORMATION

SERVINGS PER RECIPE: 2		
SERVING SIZE: 519g	AVG QTY per serve	AVG QTY per 100g
Energy	1981kJ	388.1kJ
Protein	50.2g	9.8g
Fat	16.1g	3.2g
Sat fat	5.1g	1.0g
Carbohydrate	27.8g	5.4g
Sugars	8.9g	1.8g
Fibre	5.4g	1.1g
Sodium	7779mg	152.4mg
Calcium	74.1mg	14.5mg
Iron	6.2mg	1.2mg

*not including cooking time for grains