




### Product Spotlight: Lime


Seedless limes are classified as a parthenocarpic fruit, meaning the flowers don't require pollen to make fruit. Seedless limes are naturally occurring!



## 3 Crying Tiger Beef Salad

A punchy and fresh Asian salad with seared beef steaks, wombok cabbage, fragrant mint, chilli and lime!

 20 minutes

 4 servings

 Beef

11 January 2021

### Mix it up!

*You can toss through some bean thread or rice noodles to stretch the dish if you want to make an extra serve. Serve all the components separately at the table for everyone to build their own salad! This is great if anyone isn't a fan of chilli.*

Per serve: **PROTEIN** 38g **TOTAL FAT** 6g **CARBOHYDRATES** 12g

## FROM YOUR BOX

LIME	1
RED CHILLI	1
BEEF STEAKS	600g
BABY WOMBOK	1/2 *
TOMATOES	2
SPRING ONIONS	1/3 bunch *
MINT	1/2 bunch *
BEAN SHOOTS	1 bag

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, pepper, white wine (or rice wine) vinegar, sugar (brown or of choice), fish sauce, garlic (1/2 clove)

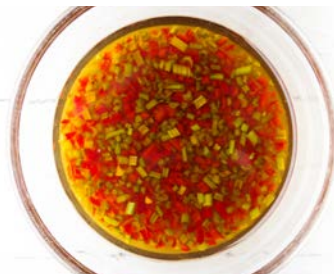
## KEY UTENSILS

large frypan or griddle pan

## NOTES

If you like your dressing hot you can keep the chilli seeds in.

**No beef option – beef steaks are replaced with chicken schnitzels.** Increase cooking time to 4–5 minutes on each side or until cooked through.



### 1. PREPARE THE DRESSING

Zest and juice lime. Deseed (optional) and finely chop chilli (see notes). Combine with **1/2 crushed garlic clove, 3 tbsp fish sauce, 2 tbsp vinegar and 1 tbsp sugar.** Set aside.



### 2. COOK THE STEAKS

Coat steaks with **1/2 tbsp fish sauce, oil and pepper.** Heat a griddle pan over high heat. Cook steaks for 2–4 minutes each side or until cooked to your liking. Set aside to rest.



### 3. PREPARE THE SALAD

Chop wombok and tomatoes. Slice spring onions and pick mint leaves. Toss together with bean shoots.



### 4. FINISH AND PLATE

Slice steaks and toss through salad along with dressing. Divide among bowls to serve.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

