

Fragrant Thai beef & papaya salad



BODY SHAPE
PERFORMANCE

80g beef minute steaks
2 shallots, peeled and quartered

for the marinade:

2 tsps olive oil
pinch of sea salt and black pepper
1 tbsp fish sauce (nam pla)
juice of one lime

1 red chilli, finely chopped
½ a lemongrass stick, minced
2 garlic cloves, finely chopped

for the salad:

1 spring onion
80g fresh papaya, cut into strips
with a potato peeler
1 small carrot, peeled and cut into
strips with a potato peeler
50g cucumber, sliced
1-2 sprigs fresh basil, roughly chopped
1 small bunch fresh coriander, roughly
chopped
1 large handful mixed lettuce leaves
10g roasted peanuts
50g red pickled cabbage, drained

Mix the marinade ingredients in a bowl.
Add the beef and stir to cover in the
marinade. Refrigerate for 2 hours or more.

Place a frying pan over a medium heat and
add the beef and marinade. Fry the beef
for 2-3 minutes each side (until cooked to
your liking). Remove beef from pan and
cut into strips.

Place the shallots in the pan and sauté
gently in the marinade for 3 minutes,
stirring until soft. Remove from pan.
Discard marinade ingredients.

Assemble the salad ingredients in a bowl.
Top with the beef and shallots. Serve.

*Store any leftovers in an airtight container
and refrigerate for up to 1 day.*



SERVES 1

PER SERVING:
488 Calories
47g Carbs
30g Protein
20g Fat