

How To Make Thai Beef Noodle Salad



Ingredients

- 250g rice stick noodles
- 1 (about 500g) beef rump steak
- 1 teaspoon sesame oil

- 1 tablespoon fish sauce
- 1 tablespoon fresh lime juice
- 1 tablespoon brown sugar
- 1 x 250g punnet cherry tomatoes, halved
- 2 Lebanese cucumbers, halved, deseeded, thinly sliced
- 1 red capsicum, deseeded, thinly sliced
- 1/2 cup fresh Thai basil leaves
- 1/2 cup fresh mint leaves
- 1/2 cup fresh coriander leaves
- 1 long fresh red chilli, deseeded, thinly sliced

Procedures

Step 1

Place the noodles in a large heatproof bowl and cover with plenty of boiling water. Set aside for 5 minutes to soak. Drain well.

Step 2

Meanwhile, heat a chargrill pan or large non-stick frying pan over high heat. Brush both sides of steak with oil and season well with salt and pepper. Cook on chargrill for 3-4 minutes each side for medium or until cooked to your liking. Transfer to a plate and loosely cover with foil. Set aside for 5 minutes to rest.

Step 3

While the steak is cooking, combine the fish sauce, lime juice and sugar in a screw-top jar and shake until the sugar dissolves.

Step 4

Place the noodles, tomato, cucumber, capsicum, basil, mint, coriander and chilli in a bowl. Drizzle with dressing and gently toss until just combined. Thinly slice the beef and add to the salad. Gently toss until just combined. Divide among serving bowls to serve.