

MARINATED BEEF SALAD

INGREDIENTS

250g	Diced Beef
100g	Mixed leaves
6	Cherry tomato (Sliced into 1/2s)
8	Slices of Cucumber
20g	Sliced Red Onions
1	Small handful of Coriander Leaves
	Radish
	Oil

BEEF MARINADE

50g	Fresh Ginger (Diced Finely)
2	Red Chillies (Deseeded & Diced Finely)
3	Cloves Garlic (Diced Finely)
150g	Chopped Coriander
100mls	Veg or Soya Oil
200mls	Soya Sauce
200mls	Liquid Honey

METHOD

1. Place all the beef Marinade in a bowl
2. Add Sliced Beef Rump
3. Mix altogether well with your hands (Place in fridge for ½ hour)
4. Arrange the salad ingredients in a serving bowl that you desire
5. In a very hot pan add the pieces of Marinated Beef & colour for 1 to 2 mins
6. Place in the oven for 3 to 5mins to till cooked through
7. Place pieces of cooked Beef over salad
8. Serve immediately with a wedge of lemon & fresh coriander leaves
9. Can also dress the salad with a house dressing if desire.

VIDEO

Prefer step by step video? No problem, just click below.

