



Thai Beef Steak

with Broccoli Salad, Noodles and Peanuts



20-30min



2 Portions

Fresh, light, healthy, zingy and filling; that's what you want in a main course salad. It's a big ask but here's one that fits the bill to perfection, with a satisfying mix of beef, veggies, peanuts and noodles. Not to mention the Thai-inspired dressing, with deliciously sweet, sour and salty notes.

What we send

- 2 beef rump steaks
- Thai seasoning ¹⁷
- peanuts ⁵
- broccoli
- tomato
- carrot
- coriander, long red chilli
- vermicelli noodles

What you'll require

- olive oil
- soy sauce ⁶
- sugar
- white vinegar

Utensils

- box grater
- medium saucepan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Alternatively, you can use a steamer to cook the broccoli. Steaming causes a little less loss of nutrients during cooking. ~For a great seared steak, get the pan very hot before adding the beef.

Allergens

Peanuts (5), Soy (6), Sulphites (17).
May contain traces of other allergens.

Nutrition per serving

Energy 595kcal, Fat 23.8g, Carbs 46.2g, Proteins 43.8g



1. Prepare vegetables

Boil a kettle of water for the noodles. Trim and peel the **broccoli** stem, then slice. Cut the broccoli head into small florets. Halve the **tomato**, then cut into small wedges. Coarsely chop the **peanuts**. Finely chop the **coriander**, including the stems. Peel, then coarsely grate the **carrot**.



4. Cook steak

Heat a medium frypan over high heat (see cooking tip). Reduce the heat to medium-high and cook the **steaks** for 2-3 mins each side, for medium rare, or until cooked to your liking. Remove from the pan and rest for 3 mins.



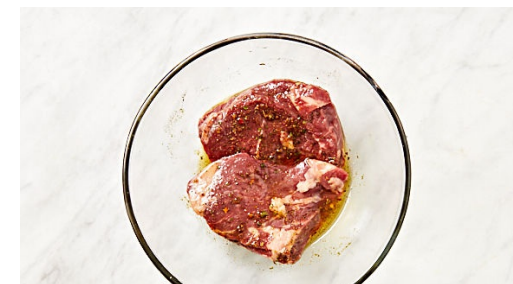
2. Prepare noodles

Put the **noodles** in a large heatproof bowl and cover with boiling water. Leave to soak for 5 mins or until noodles are transparent. Drain, then cut into shorter manageable lengths.



5. Make dressing

Meanwhile, whisk **1 tsp sugar**, **1 tsp white vinegar**, **1 tbs soy sauce** and **1 tbs oil** in a large bowl until the sugar dissolves. Cook the **broccoli** in the pan of boiling water for 2 mins (see cooking tip). Drain and refresh under cold water. Drain well, then turn out onto a tea towel to dry completely.



3. Marinate steak

Meanwhile, combine the **Thai seasoning** and **2 tsp oil** in a large bowl. Add the **beef steaks** and turn to coat. Bring a medium saucepan of salted water to the boil for the broccoli.



6. Make salad

Thinly slice **half the chilli** (the remaining chilli won't be used in this dish). Thinly slice the **steak**, against the grain. Add the **broccoli**, **tomato**, **coriander**, **carrot** and **chilli** (alternatively serve separately) to the **dressing** and toss to combine. Divide the **noodles**, **salad** and **steak** among bowls. Scatter over the **peanuts** to serve.