

Oriental Beef with crunchy salad

Skirt is a wonderful cut of meat, often overlooked. This recipe is delicious and brings together some great flavours

Serves: 6
Prep Time: 1 hour, with 24 hours marinating
Cooking Time: 15 minutes
Cuts to use: Skirt (goose skirt) or rump steak
Serve with: A barbeque

Ingredients

For the marinade:

- 4 garlic cloves
- 2 inches fresh ginger
- 1 red chillis (add more if you like spice)
- 100ml soy sauce
- 2lb beef (skirt or rump steak)

For the dressing:

- 2 tbsp sesame oil
- 1tbsp soy sauce
- Juice of 2 limes
- 1 red chilli
- 1 garlic clove

For the salad:

- ½ Iceberg lettuce
- 1 red pepper
- 1 cucumber
- 6 spring onions
- 115 g bean sprouts
- 1 bunch coriander
- 85g cashew nuts



Method

1. To make the marinade, crush the garlic, peel & finely chop the ginger, deseed and dice the peppers. Add all the ingredients together and marinate the beef in it for 24 hours (or as long as possible!), turning and basting frequently.
2. On a BBQ or griddle, cook the meat on a high heat – 4 minutes each side for rare, 5 or 6 minutes for medium or 7 minutes for well done. Remove the meat and cover in foil. Letting it rest for 10 minutes will relax the meat, making it more tender.
3. Meanwhile, shred the lettuce, deseed, core and slice the pepper and cucumber and slice the spring onions. Place these all in a bowl with the bean sprouts and toss, sprinkling with chopped cashew nuts and the chopped leaves of the coriander.
4. Whisk the dressing ingredients together (having deseeded and chopped the chilli and crushed the garlic).
5. Cut the beef into ribbons and arrange it over the salad. Drizzle with the dressing and serve.