

Thai Beef and Avocado Salad



Recipe courtesy of Horticulture Innovation Australia Limited.

Ingredients

3 ripe Hass avocados

1/2 cup fish sauce

2 tbsp brown sugar or coconut sugar

1 garlic clove, finely chopped

400 g thick piece of flank steak

375 g large rice stick noodles

50 g baby green beans, trimmed

50 g baby yellow beans, trimmed

250 g cherry tomatoes, halved

1/2 cup each coriander sprigs, mint leaves and Thai basil leaves

Coarsely chopped roasted peanuts, to serve
2 tbsp fish sauce (for the lime-chilli dressing)
2 tbsp brown sugar or coconut sugar (for the lime-chilli dressing)
2 tbsp lime juice (for the lime-chilli dressing)
Finely grated rind of ½ lime (for the lime-chilli dressing)
1 birds-eye chilli, finely chopped, or to taste (for the lime-chilli dressing)
1 garlic clove, finely chopped (for the lime-chilli dressing)

Method:

1. Combine fish sauce, coconut sugar and garlic in a large bowl, stir to combine, then add steak and turn to coat. Set aside at room temperature to marinate for 30 minutes, turning the steak occasionally in the marinade.
2. Meanwhile, cook the noodles in a large saucepan of boiling salted water for 6-8 minutes until just tender, adding the beans in the last minute of cooking. Drain well, then rinse under cold running water. Shake off any excess water and transfer to a large bowl. Add cherry tomatoes and herbs and refrigerate until required.
3. Preheat oven to 200C and preheat a char-grill to medium-high heat. Drain steak from marinade and char-grill for 3-4 minutes until browned and lightly charred. Turn and cook the remaining side for another 4 minutes, transfer to a baking tray and cook for another 4 minutes. Cover loosely with foil and rest for 10 minutes – this will result in a medium-rare steak.
4. While the meat is resting, make the lime-chilli dressing. Combine ingredients in a bowl with 2 tbsp hot water and stir to combine and dissolve the sugar.
5. Halve the Hass avocados, remove the seeds then use a large spoon to scoop the flesh from the skin in one piece. Cut the flesh into wedges and add to the noodle mixture.
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