

Beef Thai Salad

Lean Canadian Beef makes supper salads like this recipe so substantial that they satisfy even your meat-and-potatoes kind of guy.



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| 1 tbsp (15 mL) | EACH cornstarch and sodium-reduced soy sauce |
| 1 tbsp (15 mL) | EACH minced gingerroot and fresh lime juice |
| 2 | cloves garlic, minced |
| 1 tsp (5 mL) | EACH sesame oil and Asian chili sauce |
| 1 lb (500 g) | Beef Strip Loin, Top Sirloin or Flank Steak, thinly sliced |
| Salad: | |
| 8 cup (2 L) | torn romaine lettuce |
| 4 tsp (20 mL) | canola oil |
| 1 cup (250 mL) | halved grape tomatoes |
| ½ cup (125 mL) | EACH julienned cucumber, sweet yellow pepper and red onion |
| | Chili-Lime Vinaigrette (recipe on right-hand side) |

1. **Combine** cornstarch, soy sauce, ginger root, lime juice, garlic, sesame oil and chili sauce in a medium bowl. Add beef and toss to coat; let stand 10 minutes. Discard marinade.
2. **Meanwhile**, heat 1 tsp (5 mL) canola oil in large frying pan or wok over medium-high heat. Stir-fry tomatoes, cucumber, yellow pepper and onion until hot and just wilted; transfer to clean bowl. Heat remaining canola oil in same pan; stir-fry beef until browned and cooked. Add to wilted vegetables; toss to combine.
3. **Add** Chili-Lime Vinaigrette to pan. Cook and stir over medium heat until slightly thickened and hot, scraping up browned bits from the bottom of the pan. Toss romaine with just enough hot vinaigrette to moisten; divide among 5 rimmed dinner plates. Top romaine with beef and vegetable mixture. Drizzle and remaining vinaigrette over each serving.

Makes 5 Servings

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Per Serving: 212 Calories, 20 g protein, 9 g fat, 15 g carbohydrate, 295 mg sodium.

Chili-Lime Vinaigrette:

- Whisk together 1 tsp (5 mL) grated lime rind
- 1/4 cup (50 mL) fresh lime juice
- 2 tbsp (30 mL) rice vinegar
- 1 tbsp (15 mL) EACH sodium-reduced soy sauce and liquid honey
- Dash Asian chili sauce.

Vinaigrette makes: 1/2 cup (125 mL).



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