

# Chilli beef, coriander & cucumber salad



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**Preparation:** about 30 mins (+ marinating time) **Cooking:** about 4 mins

**Serves:** 4

### Ingredients:

2 tbs peanut oil  
1 tbs lime juice  
2 small red chillies, finely chopped  
salt and ground black pepper  
600g thick beef rump steak, trimmed  
2 Lebanese cucumbers, thinly sliced lengthways  
3 green onions (shallots), thinly sliced diagonally  
1/3 cup mint leaves  
1 cup coriander leaves  
100g baby Asian salad leaves  
100ml soy and chilli salad dressing  
lime wedges, to serve

### Method:

1. Combine oil, lime juice, chillies and salt and pepper to taste in medium shallow ceramic dish. Add beef and turn to coat in chilli and oil mixture. Cover and refrigerate, turning occasionally, for 3–4 hours (or longer if time permits).
2. Preheat a greased barbecue grill or char-grill over medium-high heat. Cook beef for 2–3 minutes on each side for medium-rare or until cooked to your liking. Transfer to a plate, cover with foil and set aside to rest for 15 minutes. Thinly slice beef.
3. Place cucumbers, green onions, mint, coriander and Asian salad leaves in a large bowl. Drizzle salad with soy and chilli dressing and toss gently to combine. Arrange salad on serving plates. Top with beef and serve with lime wedges.



### Lebanese cucumbers:

- Heard the saying 'as cool as a cucumber'? It probably arose because their high water content gives a cooling effect.
- Supply few kilojoules (only 40 kJ/100g).
- A good source of vitamin C. One of the many functions of vitamin C is to help protect us against infections.