

Chilli, herb & green bean salad with beef skewers



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Preparation 30 mins | Cooking 10 mins | Serves 4

You'll need 12 x metal skewers for this recipe, alternatively use soaked bamboo skewers.

800g thick-cut beef rump steaks, trimmed and cut into 4-5cm pieces
2 tbs olive oil
3 garlic cloves, crushed
steamed jasmine rice, to serve

Chill, herb & green bean salad:

250g green beans, trimmed
½ small red onion, cut into very thin wedges
1 long red chilli, deseeded and thinly sliced
1 cup Thai basil leaves
½ cup small mint leaves
1 cup coriander leaves

Chilli jam dressing:

2 tbs chilli jam
¼ cup lime juice
2 tsp fish sauce

STEP 1 Thread beef onto 12 metal skewers. Combine oil and garlic in a small bowl. Brush beef on all sides to coat with garlic mixture. Set aside.

STEP 2 To make the salad, plunge beans into a frying pan of boiling water, cook for 1-2 minutes until just crisp. Refresh in cold water, drain and pat dry with paper towel. Combine beans and remaining salad ingredients in a large bowl.

STEP 3 To make the dressing, combine all ingredients in a screw-top jar. Set aside.

STEP 4 Preheat a char-grill pan or barbecue grill over high heat. Add beef skewers and cook for 8-10 minutes, turning every 2 minutes, (for medium) or cook to your liking. Transfer to a plate, cover loosely with foil and set aside to rest for 5 minutes.

STEP 5 Drizzle salad with the chilli jam dressing and gently toss to combine. Serve with beef skewers and steamed jasmine rice.