



NUTRITION CONSULTING INC.

## 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.*

Recipe courtesy of Canadian Beef - [www.makeitbeef.ca](http://www.makeitbeef.ca)

### Makes 5 servings

#### What you need:

1 tbsp (15 mL)	EACH cornstarch and sodium-reduced soy sauce
1 tbsp (15 mL)	EACH minced ginger root and fresh lime
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 cups (2 L)	torn romaine lettuce
4 tsp (20 mL)	canola oil
1 cup (250 mL)	halved grape tomatoes
1/2 cup (125 mL)	EACH julienned cucumber, sweet yellow pepper, and red onion
	Chili-Lime Vinaigrette (recipe follows)



#### How you prepare:

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 frypan 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.

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**Notes:**

- **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. Makes 1/2 cup (125 mL).

**Per serving:**

Calories: 212

Carbohydrates: 15g

Protein: 20g

Fat: 9g

Sodium: 295mg

Good source of iron (21% DV) and excellent source of zinc (50% DV) and vitamin C (93% DV)

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