

Seared Beef Salad Recipe

Ingredients:

500 g tenderloin beef steak, cubed
1 medium onion, halved and thinly sliced
1 1/2 tablespoons rice vinegar
1 bunch watercress or other salad greens, coarse stems removed
1 tablespoon olive oil
1/2 teaspoon salt
1 tablespoon oil

Marinade:

4 cloves garlic, minced
2 teaspoons rice wine, sherry or sake
2 teaspoons fish sauce
1 teaspoon sugar
1/4 teaspoon freshly ground black pepper

Method:

Combine the marinade ingredients in a large bowl and mix well. Place the beef in the marinade and mix until the beef is well coated. Allow to marinate for at least 30 minutes.

Combine the sliced onion and rice vinegar in a bowl. Set aside for 10 minutes, then squeeze the onion to remove all the moisture. Combine the onion, watercress or other salad greens, olive oil and salt on a serving platter and toss to mix thoroughly. Set aside.

Heat oil in a wok over high heat. Stir-fry the marinated beef for 1 to 1 1/2 minutes until the meat is seared outside but is still pink inside. Remove from the wok and spread the beef on top of the salad. Serve immediately.

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