

Beef Salad with Watermelon, Cucumber & Mint

gluten-free nut-free dairy-free

Serves: 4

Preparation Time: 28 minutes + resting

Cooking Time: 25 minutes

Ingredients

4 X 200g beef rump streak, fat trimmed
100g (1/2cup) brown rice
3 Cloves garlic
4 long red chillies (optional)
seeded and roughly chopped
1 Tbsp fish sauce
4 Tbsp lime juice
1 C loosely packed coriander
2 Tbsp brown sugar
2 Tbsp olive oil
1kg seedless watermelon, rind removed & cut
into wedges
1 cucumber, sliced
2 green onions, sliced
1 Cup loosely packed mint
80g Asian salad mix



Preparation

1. Take beef out of fridge to bring to room temperature
2. Cook rice in a small saucepan of boiling water for 25 minutes or until cooked. Drain and spread evenly over a large plate and refrigerate until completely cooled.
3. To make dressing, process garlic, chillies, fish sauce, lime juice, coriander and sugar in food processor until finely chopped and combined.
4. Brush beef steaks with oil and cook on high on a barbecue or char grill plan until cooked to your liking. Remove from heat, cover with foil and allow resting for 10 minutes before slicing.
5. Transfer sliced beef to a small bowl, add one –third of dressing and toss well to combine
6. Place watermelon, cucumber, green onions, mint, Asian salad mix and rice and the remaining dressing in a large bowl and toss well to combine
7. Serve beef steaks on top of salad