

Asian Style Beef & Egg Salad



Preparation time: 15 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 23 October 2012

Categories: Quick & Easy, Dinner Recipes, Lunch Recipes



Ingredients

- 1 bunch watercress
- spray olive oil
- 300g lean rump steak
- 2 Lebanese cucumber, halved, seeded and sliced
- 200g grape tomatoes, halved
- 100g snow peas, sliced
- 3 green onions, finely sliced
- 4 eggs
- 1/4 cup coriander leaves, roughly chopped

Dressing:

- 2 tbs lime juice
- 2 tsp peanut oil
- 1 tsp fish sauce
- 1 tsp reduced salt soy sauce
- 1 tsp finely chopped red chilli
- 1 tsp brown sugar

Method

1. Wash and dry the watercress, and pick sprigs, discarding thicker stems. Spray a non-stick frying pan, and cook the steak over medium high heat for 3 minutes each side. Set aside to rest for 5 minutes, then slice thinly.
2. Make a bed of watercress on serving plates. Top with the cucumber, tomatoes, onion, snow peas and steak. Drizzle with the combined dressing ingredients.
3. Heat about 5cm water in a large saucepan or deep frying pan. Bring to a simmer. Carefully crack the eggs into a cup, then slide into the water. Cook for 3 minutes, until the whites have set.
4. Place an egg on top of each salad, and sprinkle with coriander. Serve immediately.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
341g	1160kJ 277kcal	33.9g	12.1g	3.1g	5.8g	5.3g	319mg	3.7g

All nutrition values are per serve.