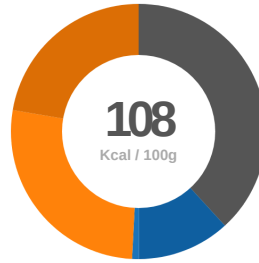


# Marinated Beef with Asian Slaw

OVERVIEW ...



CALORIES:

12.6% Carbs

38.2% Protein

49.2% Fat

FOOD LABELLING...

Serves **1**

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

136870 Birchstead 28 Day Aged Beef Sirloin Steak (10oz/2...

136870 SIRLOIN STEAK

BRAKES

100g

0.35 x Each

unchanged

113879 Premium Large Basil Bunch.. - BRAKES

PREMIUM LARGE BASIL BUNCH FRESH DIRECT

BRAKES

2g

0.02x Each

N/A

113882 Premium Large Mint Bunch.. - BRAKES

PREMIUM LARGE MINT BUNCH FRESH DIRECT

BRAKES

5g

0.05x Each

N/A

113885 Herb Bunched Coriander..

HERB BUNCHED CORIANDER FRESH DIRECT

BRAKES

5g

0.05x Each

N/A

10473 Spring Onions Bunch.. - BRAKES

SPRING ONIONS BUNCH FRESH DIRECT

BRAKES

10g

0.1x Each

unchanged

10230 Cucumber..

CUCUMBER FRESH DIRECT

BRAKES

35g

unchanged

114221 Mangoes..

MANGOES

BRAKES

35g

unchanged

114212 Chillies Red..

CHILLIES RED FRESH DIRECT

BRAKES 5g

unchanged

10224 Red Onions..

RED ONIONS FRESH DIRECT

BRAKES 10g 0.01x Each

unchanged

450154 Tomatoes.. - BRAKES

TOMATOES

BRAKES 20g 0x Each

unchanged

PRODUCTS / PACK SIZES ...

### 1 Serving



🕒 227g / 250kcal

# 1.0

COOKING INSTRUCTIONS & NOTES

METHOD

#### Preparation:

Shred the spring onion  
Shred the mango  
Shred the cucumber  
Slice the chilli  
Slice the red onion  
Deseed and shred the tomato  
Pick the herbs  
Marinate the beef in half the dressing

#### Method:

1. Season the steak well and in a pan over a high heat cook the steak for 2 minutes each side - rest well.
2. In a bowl mix all the ingredients together and coat with the dressing - carve the meat.
3. Add the salad to a suitable dish and top with the beef - garnish the dish with more dressing and picked herbs - serve