



Beef and celery salad

From Phase 3

Serves 4

Ingredients:

- 500 g (1 lb 2 oz) rump steak
- 2 tomatoes
- 1 celery stick
- 1/2 cucumber
- 3 shallots
- 1 tablespoon finely chopped lemongrass
- 1 tablespoon chopped fresh coriander
- 1 tablespoon chopped fresh mint

For the sauce:

- 2 tablespoons lime juice
- 2 cloves garlic, chopped
- 2 pinches Cayenne pepper
- 5 tablespoons Thai fish sauce

Preparation:

Grill the meat and slice it thinly. Mix the sauce ingredients.

Mix beef with celery, quartered tomatoes, cucumber cut into matchsticks, sliced shallots and herbs. Season with the sauce.

Serve with a green salad.

