

Beef and Broccolini noodle salad



Serves 2, 406 Cals per serve

- 100 gm of dried rice stick noodles (wholemeal if possible)
- 1 bunch of broccolini, trimmed and split crossways
- 175 gm sirloin steak, excess fat removed
- ½ cup bean sprouts
- 1 carrot “peeled” into ribbons
- 1 bunch of Thai fresh basil leaves
- ½ cup of snow peas, ends removed
- Extra virgin olive oil spray
- 2 tablespoons of fish sauce
- 2 tablespoons of fresh lime juice
- 1 tablespoon of rice wine vinegar
- 1 tablespoon of rice malt syrup or agave nectar
- 1 tablespoon of cashews coarsely chopped.

Place noodles in a bowl and cover with boiling water. Set aside for 5 mins then add the broccolini for a further 2 mins. Drain and refresh in cold water. Drain and return to the bowl.

Spray a hot non-stick frying pan with oil and cook the steak to your liking. Set aside to rest.

Place fish sauce, lime juice, vinegar and agave in a bowl and stir until combined.

Slice the beef into thin strips (across the grain).

Add the beef, sprouts, basil, snow peas, carrot and ½ the dressing to the noodle mixture and toss to combine. Divide into serving bowls. Drizzle the remainder dressing and sprinkle with the cashews to serve.