

Spicy Thai Beef Salad (Yam Nuea) Recipe

Spicy Thai Beef Salad With A Burst Of Flavors

1 to 2 servings (for more servings just add to the recipe)

Ingredients:

10 ounces or 300 grams Beef Filet or your favorite cut of steak.
Pinch of salt and pepper for the beef

2 to 3 garlic cloves
3 Tablespoons Fresh Lime (use lime that is freshly squeezed)
2 Tablespoon Fish Sauce (Thai or Vietnamese Fish Sauce should be OK)
1 Tablespoon Cane Sugar (you can use white sugar but we like the cane sugar as we find it a healthy alternative and it works great in Thai food)
1 to 10 Thai red chillies (use as many want for as hot and spicy as you want it)
.17 ounces or 5 grams (small bunch) Fresh Mint
.35 ounces or 10 grams (small bunch) Fresh Cilantro
.70 ounces or 20 grams Thai Celery
.70 or 20 grams Green Onion (1 bunch green onions)
.70 or 20 grams Red Onion (about 1 red onion)
1.76 ounces or 50 grams cherry red tomatoes
1.76 ounces or 50 grams cucumbers (about 2 small pieces)

Directions:

Beef:

Lightly salt and pepper the beef on both sides. Then you can grill it on your BBQ, grill or fry on the stovetop. Let the beef sit for at least 5 mins after cooking it.

After it has sat, cut the meat into thin slices.

Vegetables:

Cut up all the vegetables. They do not need to be cut to small pieces but just in bite size pieces. Normally we peel and core the cucumbers. Slice tomatoes into small pieces. Cut the onion and Thai celery.

Pick the mint and cilantro leaves off the stem.

Dressing:

In a pounder pound the garlic cloves, Then add the fresh red chillies, and pound them together with the garlic. Add as many chillies as you want. Remember the more red chillies you add the more spicy it will be.

Then add in the sugar, lime and fish sauce and pound together. Stir until sugar is dissolved.

Right before serving mix the meat, vegetables and dressing together. Add some mint and cilantro on the top before serving.