

Beef And Coconut Noodle Salad

This delicious Flat Iron Steak recipe features the sophistication of Southeast Asian ingredients and flavors, from lime juice and fish sauce to lemongrass, palm sugar and fresh chilies.

INGREDIENTS

Fish sauce
Lime Juice
Palm sugar
Minced lemon grass
Crushed red pepper
beef Shoulder Top Blade (Flat Iron) Steaks (IMPS/NAMP 1114D, PSO 1)
Cellophane (mung bean) noodles
Canola oil
Coconut milk
Fish sauce
Lime Juice
Palm sugar
Canola oil
Julienned red onion
Toasted shaved coconut
Torn fresh Thai basil leaves
Torn fresh mint
Thinly sliced red jalapeño pepper rings
Torn fresh cilantro leaves
Chopped toasted peanuts



2.08
Hours



24
Servings



42 Cal



37g
Protein

COOKING

1.

Combine marinade ingredients in saucepan; heat until sugar dissolves. Cool. Pour into large non-reactive container. Add steaks; turn to coat. Refrigerate, covered, 20 minutes to 2 hours; turning steaks once.

Yield: 3-1/2 cups

2.

In large stockpot bring water to a boil; add noodles, simmer 5 minutes. Drain and rinse with cold water. Toss noodles with oil. If noodles stick, rinse in warm water before using.

Yield: 36 cups

3.

Place dressing ingredients in food processor. Cover; process until smooth. Refrigerate, covered, until ready to use.



Yield: 6 cups

4. Heat 1 tsp oil in sauté pan until hot. Add 1 beef steak and brown on both sides. Roast in 400°F oven to medium rare to medium doneness. Carve into 1/4-inch-thick slices.

5. Toss steak slices with 1/4 cup Coconut Dressing, 1-1/2 cups noodles, 2 Tbsp onion, 1 Tbsp coconut, 1 Tbsp basil, 1 Tbsp mint, 1 Tbsp jalapeño peppers and 2 tsp cilantro.

6. Mound salad in coconut shell or bowl. Garnish with 1 Tbsp coconut and 1 Tbsp peanuts.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
24		44g	106mg		75g	37g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com