

Roast beef and Thai basil salad



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tastes like *Summer*

SERVES 4

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| 400 g (14 oz) beef fillet | ½ teaspoon wholegrain mustard |
| 1 tablespoon vegetable oil | 2 spring onions (scallions), finely sliced |
| 2 tablespoons lemon juice | 250 g (9 oz) cherry tomatoes, halved |
| 1 tablespoon light olive oil | 1 Lebanese (short) cucumber,
thinly sliced on the diagonal |
| 1 tablespoon soy sauce | 2 large red chillies,
seeded and finely sliced |
| 1 tablespoon finely grated fresh ginger | 1 bunch Thai basil, leaves removed |
| 1 teaspoon wasabi paste | 2 ripe avocados, flesh diced |
| 1 teaspoon sesame oil | |
| 1 garlic clove, crushed | |

Preheat the oven to 220°C (425°F/Gas 7).

Trim the beef of all fat and sinew. Heat a frying pan or chargrill pan over a high heat. When the pan is hot add the vegetable oil then sear the beef on all sides. Transfer to a baking tray and cook in the oven for 12 minutes. Remove to a plate. Season with sea salt and cover with foil. Allow to rest until it has cooled.

Stir together the lemon juice, olive oil, soy sauce, ginger, wasabi paste, sesame oil, garlic and mustard in a small bowl.

Finely slice the beef and put it in a bowl. Add the meat juices then pour the dressing over the beef. Add the spring onion, cherry tomatoes, cucumber, chilli and Thai basil leaves. Toss lightly to combine then divide among four serving plates. Top with the diced avocado and drizzle with any remaining dressing.

All recipe ingredients are available at the following Northbridge Plaza retailers:

- **Craig Cook's Prime Quality Meats**
- **Tokyo Mart**
- **Aegean Deli Café**
- **Antico's Fruit World**
- **Woolworths**

MURDOCH BOOKS

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