



100% Grass Fed Beef and Natural Vegetables

Yoder, WY

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Thai Beef Salad

Salad Ingredients:

1 1/2 pounds Meadow Maid Foods Sirloin or New York Strip Steak, already grilled or stir-fried and sliced thin
1 English cucumber, seeded and sliced thin
1/2 cup snow peas, stemmed and blanched 20 seconds, then julienned
1 package bean sprouts, blanched 20 seconds
2-3 cups Napa cabbage, chopped
3-5 cups mixed greens or lettuce
diced fresh pineapple, mango, kiwi, or canned mandarin oranges (optional)
grated coconut (optional)

Toppings:

grated fresh carrot
chopped fresh herbs: cilantro, mint, and basil
1/2-1 cup chopped peanuts

Dressing:

1/2 cup rice wine vinegar
1/4 cup sesame oil
2 tsp. tamari or soy sauce
1 tsp. Agave nectar, or to taste
1 garlic clove, minced
1/2 tsp crushed red pepper flakes or hot sauce
1 inch fresh ginger, peeled and minced
2 Tbsp. fresh lime juice
1/3 cup coarsely chopped peanuts

Preparation:

Combine all dressing ingredients and mix well. Beef may be marinated in a little of the salad dressing before grilling or stir-frying, if desired. (This is how we made it for the tasting.) Toss the cooked beef with the salad ingredients and the dressing and serve, topped with fresh herbs, grated carrot, and peanuts.

Like this recipe? Chef Linda Hoffman teaches cooking at [Come Back to the Table.](#)