THAI · LUNCH · DINNER

Thai Beef Salad (Yum Neua)

35 min · Serves 4 · 316 kcal a serve · Video 4:52 · Marion Grasby

Gluten-free ingredients · No dairy listed · No nuts listed

A fresh, crunchy salad with plenty of herbs and vegetables: one serve gives about 20 g of protein, is rich in vitamin B12 and zinc, and is a good source of vitamin C.

Diet notes: Paleo with a swap: olive, avocado or coconut oil instead of the vegetable oil.

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Ingredients 15 · SERVES 4

- [ ] 1 tbsp **fish sauce**, for the marinade
- [ ] 1 tsp **palm sugar**, shaved (or light brown sugar), for the marinade
- [ ] 1/2 tsp **ground black pepper**
- [ ] 2 × 200 g **beef rib eye steaks**
- [ ] 1 tbsp **vegetable oil**
- [ ] 3 tbsp **fish sauce**, for the dressing
- [ ] 2 tbsp **palm sugar**, shaved (or brown sugar), for the dressing
- [ ] 2 tbsp **lime juice**
- [ ] 1 small **onion**, sliced into thin wedges
- [ ] 1 **cucumber**, halved, deseeded and sliced
- [ ] 2 small **tomatoes**, cut into wedges
- [ ] 1 large **red chilli**, finely sliced
- [ ] 8 g **mint leaves**
- [ ] 25 g sliced **spring onion** (scallions)
- [ ] a handful of **coriander leaves and stems**, chopped (about 8 g)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Mix the marinade fish sauce, 1 tsp palm sugar and the pepper, add the steaks and leave for about 10 minutes. 0:10
2. For the dressing, stir the remaining fish sauce, palm sugar and the lime juice together until the sugar dissolves. 1:20
3. Heat the oil in a pan over high heat and sear the steaks 3–4 minutes per side for medium-rare. Rest for 5–10 minutes, then slice as thinly as you can. 1:53
4. Toss the onion, cucumber, tomato, chilli, mint, spring onion, coriander and sliced beef with about half the dressing, then add more to taste and serve. 2:52

> **Tip** Traditionally served with steamed rice on the side. The dressing is salty and sweet, so add it gradually and taste; using less keeps the salt and sugar down.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
316 kcal 1,320 kJ	20 g 41% of a day	16 g 14 g net · 11 g sugars 6% of a day

FIBRE	FAT	SODIUM
1.9 g 7% of a day	19 g 6.6 g saturated 25% of a day	1,470 mg 64% of a day

Energy from net carbs 18% · protein 26% · fat 56% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 79% · Zinc 44% · Selenium 36% · Vitamin B6 33% · Vitamin K 31% · Omega-3 22% · Vitamin C 21%

Source of (10–19%) Magnesium 16% · Iron 14% · Potassium 12% · Folate 10%

⚠ One serve has about 64% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Marion Grasby (@mariongrasby) on YouTube — youtube.com/watch?v=nyaOv6lOJjs, published 18 July 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/thai-beef-salad-yum-neua