

Thai Beef Salad

Thai Spice Blend Asian Dressing

Serves 1

Preparation 15 minutes

Cooking time 6 minutes

Ingredients:

1 x beef tenderloin (portion size)

1 teaspoon Thai Spice Blend

2 tablespoons Asian Dressing

Yellow squash sliced*

Baby Asian Salad greens*

Salad Vegetables*



Method:

1. Rub **Thai Blend** into beef fillet.
2. Place in a shallow bowl and drizzle with **Asian Dressing** coating well. Allow to stand for 10 minutes.
3. Cook beef fillet in frying pan or chargrill on high for 3 minutes each side or until cooked to your liking. .
4. Remove beef from grill or pan and allow to rest for 2 minutes before slicing.
5. Turn down heat and add yellow squash cooking until brown and soft.
6. Arrange portion size of vegetables on plate and drizzle with extra **Asian Dressing**. Top with beef slices and squash.

* Adjust weight to your portion size

...Cook's Tips

Extra servings:

To increase servings to include the rest of the family simply times ingredients by how many servings are required. (eg. 4 x beef fillets with 4 x teaspoons of Thai Spice Blend. etc for four people)

For those not on the Quick Loss program

Serve with boiled white rice.