



Sesame beef, mixed greens and salad

This is a tasty and easy twist on a big green salad topped with juicy steak. The herbs and spices in this recipe make this dish, give it a (conveniently quick!) go and we're sure you'll agree!

Ingredients

- 1 tsp sesame oil
- Pinch five-spice powder
- 125g organic rump steak, cut into thin strips
- 1/4 TBS fresh ginger, grated
- 1/2 garlic clove, crushed
- 1 and 1/2 spring onions, chopped
- 15g raw almonds
- 1 TBS water
- 50g pak choi
- 50g mangetout
- 1/2 TBS soy sauce
- Sesame seeds
- Green salad

Serves 1

Method



1. Heat the oil and fry the five-spice powder, then add the steak strips
2. Remove when browned off, then put the ginger, garlic, spring onions, raw almonds and water into the pan
3. Stir-fry for 2 minutes. Put the beef back in with the pak choi, mange tout and soy sauce
4. When the greens have wilted, serve over a green salad with a sesame seed garnish



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