

Salad

Spicy Basil-Beef Salad

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Preparation Time: 16 minutes

1 tablespoon canola oil
12 ounces hanger steak, trimmed
1/4 teaspoon Kosher salt
1/2 teaspoon freshly ground black pepper
3 tablespoons lower-sodium soy sauce
2 tablespoons rice vinegar
2 tablespoons fresh lemongrass, minced
1 tablespoon dark sesame oil
2 teaspoons fish sauce
2 teaspoons chile paste (such as Huy Fong sambal oelek)
1 1/2 cups loosely packed fresh basil leaves
1 cup English cucumber, thinly sliced
3 large ripe heirloom tomatoes, cut into wedges
2 medium shallots, thinly sliced

Preheat the oven to 425 degrees.

Heat a large ovenproof stainless-steel skillet over medium-high heat. Add the canola oil to the pan, swirl to coat.

Sprinkle both sides of the steak evenly with the salt and black pepper.

Add the steak to the pan, saute' for 5 minutes or until browned. Turn the steak over.

Bake for 8 minutes or until a thermometer inserted into the thickest portion of the steak registers 135 degrees or until the desired degree of doneness is reached. Remove the steak from the pan. Let stand for 10 minutes. Slice the steak across the grain.

In a bowl, combine the soy sauce, rice vinegar, lemongrass, sesame oil, fish sauce and chile paste, stirring well.

In a large bowl, combine the basil, cucumber, tomatoes and shallots.

Drizzle the dressing mixture over the basil mixture. Toss gently.

Divide the salad mixture evenly among four plates.

Divide the beef evenly among the salads.

Per Serving (excluding unknown items): 300 Calories; 29g Fat (82.8% calories from fat); 2g Protein; 11g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 473mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 6 Fat; 1/2 Other Carbohydrates.