



Seit 1634

**PAULANER 0,0%**  
*presents*



*My favourite fitness meal*

## THOMAS MÜLLER

### THAI BEEF SALAD

#### Ingredients

200 g *beef fillet*  
2 tbsp *peanut oil*  
1 tbsp *sweet chili sauce*  
1 tbsp *soy sauce*  
1 tbsp *fish sauce*  
2 tbsp *lime juice*  
1 tbsp *honey*  
2 *radishes*  
1 *red chili*  
1 *peperoncini*  
1/4 *cucumber*  
4 *cherry tomatoes*  
1/2 *red onion*  
2 *sticks spring onions*  
2 *sprigs of mint*  
2 *sprigs of Thai basil*  
1/2 *bunch coriander*  
*roasted sesame seeds*

#### Method

##### CUT THE MEAT INTO PORTIONS & BROWN

- 1.) Cut the meat into thumb-width slices.
- 2.) Heat the peanut oil in a frying pan and sear the meat on both sides.
- 3.) Then let it rest on a rack.

##### CHOP THE VEGETABLES

- 1.) Wash the spring onions. Cut the white part lengthways into strips and the green part into thin rings.
- 2.) Finely chop the radishes.
- 3.) Cut the chilli in half, remove the core and seeds and chop it into 2-cm-long, thin slices.
- 4.) Peel the cucumber and cut it in half lengthways, remove the seeds and chop it into slices.
- 5.) Cut the peperoncini in half and chop into thin slices.
- 6.) Cut the red onion into thin vertical strips.
- 7.) Cut the tomatoes into quarters.

##### MIX THE DRESSING

- 1.) Mix the sweet chilli, lime juice, honey, fish sauce and soy sauce together.
- 2.) Add salt and pepper to taste.

##### PLUCK THE HERBS

- 1.) Pluck the mint, coriander and basil from the sprigs and coarsely chop the large leaves.

##### SERVE

- 1.) Chop the cooled meat into fine strips.
- 2.) Add the vegetables with half of the mint to the sauce and mix thoroughly. Add seasoning to taste.
- 3.) Add the roasted sesame seeds.
- 4.) Serve the salad on a deep plate and garnish with the remaining mint.

