

# Thai beef cucumber cups

Traffic light category: **Green**

Serves: 24

## Ingredients

- » 1 Lebanese cucumber cut into approx 25 x 2cm thick rounds
- » 250g fillet steak
- » ½ red onion, finely chopped
- » 20 fresh mint leaves, finely chopped
- » 1 tablespoon fresh coriander leaves, finely chopped
- » 1½ tablespoons fish sauce
- » 1½ tablespoons lime juice
- » 2 tablespoons sweet chilli sauce
- » 1 tablespoon soft brown sugar

## Method

1. Allow cucumber rounds to sit on absorbent kitchen paper for 30 mins in the fridge (cover with absorbent paper also) to absorb any excess moisture. You may wish to hollow out each cup to accommodate the filling
2. Heat a large frying pan over high heat and brush lightly with oil. Season the beef with salt and pepper, place in the pan and cook for 1½ - 2 minutes each side, depending on the thickness (the beef needs to be rare)
3. Set aside to rest for 5 minutes. Thinly slice the beef across the grain, slice each piece into 5 mm wide strips and transfer to a bowl
4. Add the onion, mint and coriander to the bowl and mix well. Combine the fish sauce, lime juice, chilli sauce and sugar and stir until the sugar has dissolved
5. Pour over the beef mixture and mix well
6. Fill each cucumber cup with the Thai beef salad.

### Nutrition information panel

Nutrient	Per serve	Per 100g
Weight	39g	100g
Energy	158kJ	407kJ
Protein	3.9g	10g
Total fat	1.6g	4.1g
Saturated fat	0.6g	1.6g
Carbohydrate	1.8g	4.6g
Sugars	1.6g	4.2g
Dietary fibre	0.3g	0.8g
Sodium	139mg	359mg