FROM OUR KITCHEN

# Beef salad with grains and labneh



| PREP TIME | COOK TIME | TOTAL TIME | SERVINGS |
|---|---|---|---|
| 15 min | 10 min | 25 min | 4 |

## 01 Ingredients

- [ ] 600 g beef strips
- [ ] 2 x 250g packets 7 ancient grains microwave rice
- [ ] 1 bunch asparagus, trimmed, cut into 3cm lengths
- [ ] 200 g yellow grape tomatoes, halved
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- [ ] 1 large avocodo, diced
- [ ] 1 large fennel bulb, thinly sliced, fronds reserved
- [ ] 1 tbsp olive oil
- [ ] 1 tsp honey
- [ ] 1.3 cup labneh
- [ ] 1 tbsp pepitas, toasted
- [ ] 1 tbsp sunflower seeds, toasted

## 02 Step-by-step method

01 Preheat a large lightly oiled non-stick pan over medium-high heat.

02 Cook the beef in 3 batches for 1 to 2 minutes or until browned, setting beef aside on a plate covered loosely with foil and reheating pan between each batch.

03 Prepare rice according to packet instructions. Place in a large bowl.

04 In a small saucepan of boiling water cook the asparagus for 2 to 3 minutes. Drain.

05 Add tomatoes, cucumber, avocado, fennel and asparagus to rice. Season.

06 In a screw top jar combine lemon zest and juice, oil and honey. Season and shake well to combine. Add dressing and warm beef strips to bowl and toss to combine.

07 Serve salad topped with dollops of labneh, pepitas, sunflower seeds and mint.

## 03 Chef's tips

- When cooking beef strips cook the first side until the first sign of moisture appears on the uncooked side, then turn and cook the other side to complete the cooking. This way the beef will brown well.

- Use beef stir-fry strips for this recipe or prepare your own from rib eye/scotch fillet/tenderloin, sirloin/porterhouse/New York, rump, boneless blade, round, oyster blade or topside steaks.

- Labneh is a soft cheese from the Middle East made by draining yoghurt that contains added salt. It is often formed into balls after it drains and then preserved in olive oil. Goats cheese, feta or ricotta can be substituted for the labneh.