Thai Beef Salad (AIP)

Active Time: 25 minutes | **Total Time:** 25 minutes | **Serves:** 4

Nutrition Information Per Serving

366.8 calories, 11.42 g carbohydrate, 3.01 g fiber, 8.41 g NET carbs, 37.49 g protein, 19.15 g fat

Ingredients

- 1 Tbsp Navitas Naturals Organic Palm Sugar
- 4 cup(s) Earthbound Farm Mixed Baby Greens
- 2 tsp(s) Coconut Secret Coconut Aminos
- 3 Tbsp(s) fresh lime juice
- 24 ounce(s) grass-fed flank steak
- 3 medium(s) organic radishes, sliced
- 1 clove organic garlic, minced
- 1 cup shredded organic green cabbage
- 1 Tbsp fish sauce
- 1/2 medium(s) organic carrot, julienned
- 4 Tbsp(s) organic cilantro, chopped
- 1/2 medium(s) organic cucumber, peeled, seeded and diced
- 2 medium(s) organic scallions, thinly sliced
- 2 Tbsp(s) coconut oil

Preparation

1. First, make the dressing. Whisk together the lime juice, fish sauce, garlic, palm sugar, coconut oil, coconut aminos and 1 Tbsp. filtered water. Let set at room temperature while you prepare the rest of the ingredients.
2. Season the beef with salt. If using pre-cooked meat, omit this next step. Heat a large skillet (preferably cast iron) and sear for 2-3 minutes per side, or until medium rare.
3. Let the meat rest for a few minutes. Slice thinly on the bias and toss with 2-3 tablespoons of the dressing.
4. Mix the remaining salad ingredients in a large bowl, and add dressing until everything is well coated.
5. Divide the salad between plates, mound the beef on top and serve with fresh lime wedges.

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