

Rib-eye beef salad with Kikkoman toasted sunflower seeds

Total time **35 mins** **5 mins** preparation time **30 mins** cooking time

INGREDIENTS

4 portion(s)

2	rib-eye beef steaks, weighing around 650g in total
3 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>
2 tbsp	<u>Kikkoman Toasted Sesame Oil</u>
100 g	green beans or mange tout, halved
100 g	baby corn, halved
2	carrots, peeled
1	yellow pepper, sliced
100 g	bag mixed salad leaves
2 tbsp	sunflower seeds
1 tbsp	sweet chilli sauce
1	lime (juice)

PREPARATION

Step 1

Put the steaks in a large dish and pour over 1 tbsp Kikkoman Soy Sauce and 1tbsp sesame oil. Set aside to marinate.

Step 2

Blanch the beans and baby corn for 2-3min in a pan of boiling water. Rinse in cold water and drain well. Tip into a salad bowl.

Step 3

Use a vegetable peeler to carve long thin ribbons from the carrots. Add to the bowl with the sliced pepper and salad leaves.

Step 4

Heat a non-stick frying pan and dry fry the sunflower seeds for 1-2min until just golden. Pour 1 tbsp Kikkoman Soy Sauce over the seeds to coat them, cooking for about 30secs more. Tip on to a plate and set aside.

Step 5

Return the pan to the heat and fry the steaks for 1-2min each side for rare, 3-4min each side for medium. Leave on a board for 5min to rest.

Step 6

Whisk together the remaining 1tbsp Kikkoman Soy Sauce and sesame oil, the sweet chilli sauce and lime juice. Slice the steak into thin strips and put on

top of the salad.

Step 7

Drizzle with the dressing and scatter over the toasted sunflower seeds and serve immediately.