



Ingredients

- 500 g Beef, New Zealand, imported, manufacturing beef, raw
- 1/4 cup suya spice
- 1/2 Tablets MAGGI Dededee
- 1/2 tsp Black Pepper
- 1/2 tsp sea salt flakes
- 1 tsp Olive Oil
- 2 tbsp Soy sauce
- 2 tbsp Lemon juice, raw
- 1 tsp Peppers, hot chili, green, raw
- 2 tbsp wild honey
- 1 sprig Fresh thyme
- 2 g Lettuce
- 2 g arugula leaves
- 2 Small Carrots
- 2 Medium Onions, raw
- 2 Tomatoes
- 1 handful toasted cashew nuts (chopped)

Instruction

1. Season the beef fillet with the suya spice and place on a pre-heated grill.
2. Grill for 3 minutes, drizzle with vegetable oil, turn over, add the carrots and grill for another 3 minutes. Set aside to cool off. Mix soy sauce with lemon juice, chilli flakes, black pepper, olive oil, salt and honey. Add the thyme, stir and set aside.
3. Cut the grilled beef into an inch slices, season with MAGGI d3d33d3 and coarse crushed black pepper then set aside. Place the fino fresco leaves in a salad bowl, followed by arugula leaves. Add the sliced beef, cherry tomatoes, grilled carrots, sliced onion and sprinkle the chopped cashew nuts.
4. Drizzle with the dressing. Warm beef salad ready to serve.

Nutrition

Carbohydrates	17,56 g
Energy	206,3 kcal
Total fat	7,07 g
Fiber	4,28 g
Protein	20,58 g
Saturated Fats	1,94 g
Sodium	364 mg
Sugars	10,14 g

 17 Minutes

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