

Beef Stir-Fry Salad



INGREDIENTS:

- > 500g Beefmaster Beef Stir-Fry
- > 50ml Balsamic Vinegar
- > Salt & Pepper to taste
- > 10ml Olive Oil or Butter
- > 1x Red Onion – sliced
- > 2x Garlic Cloves
- > 250g Brown Mushrooms - sliced
- > 200g Green Beans – stems removed
- > 180g Mixed Leaf Salad
- > 100g Cherry Tomatoes – cut in halves
- > 1x Avocado
- > 250g Cream Cheese
- > 2 tbsp Mixed Seeds
- > Juice of one Fresh Lemon

METHOD:

- Cut stir-fry strips into smaller pieces & add salt, pepper & balsamic vinegar. Mix well and set aside.
- Melt butter in a large pan over a medium-high heat.
- Add onions and sauté over medium heat for 4-5 minutes or until they start to soften and become translucent.
- Add mushrooms and garlic. When mushrooms are golden brown, stir in beef stir-fry and cook to desired doneness.
- Remove from heat and cool down.
- Blanch fresh beans.
- In a large salad bowl, add leaf salad, tomatoes, cooled-down stir-fry mix, green beans, beef stir-fry mix, avocado, cream cheese, mixed seeds and lemon juice.

SALAD SAUCE

- One part full cream yogurt
- One part mayonnaise
- Salt, pepper, and flavour to taste
- Mix it all together and pour over the salad.