

Papaya Salad with Seared Beef



Cooking time: 15 mins

Serves: 4

how to cook

- 1 Peel the papaya, cut in half and scoop out all the seeds. Slice, cut into equal-sized, large matchsticks and place in a large bowl. Cut the cucumber in half lengthways and scoop out the seeds with a teaspoon.
- 2 Next slice it into long, fine lengths and then cut these across to make into matchsticks and add to the bowl.
- 3 Finely chop the ginger, crush, peel and finely chop the garlic, chop the coriander, finely dice the chilli and squeeze the lime. Add all to the bowl with the seasoning and carefully toss to evenly mix.
- 4 Heat the oil in a frying pan and when smoking hot add the steaks and cook for 1 minute on each side for rare or 2 minutes each side for medium.
- 5 Remove from pan and leave to rest for 1 minute.
- 6 Divide the salad mixture between four plates.
- 7 Using a very sharp knife, thinly slice the steak and arrange over the salad.
- 8 Cut the remaining lime into wedges and place a piece on each plate.

what you need

- 2 John Penny sirloin steaks approx 375g total weight
- 2 papaya, the firmer and greener the better
- 1 cucumber
- 5cm piece ginger
- 1 clove garlic
- bunch coriander
- 1 red chilli
- 2 limes
- 1tsp vegetable oil
- freshly ground black pepper
- sea salt

Visit our website for more recipes www.johnpenny.co.uk

