

# Marinated beef salad

**Recipe for 2 portions**

## Description

## Note

At home, you can modify the vegetables and replace the spinach with any type of lettuce or herb.

## Ingredients

### For the salad

- 1 Stem Green onion
- 1 Clove(s) Garlic
- 50 Ml Olive oil
- 1 Tbsp Balsamic vinegar
- 0.50 Unit(s) Lemon
- 0.50 Unit(s) Lime
- 2 Tsp Dijon mustard
- 200 Gr Beef flank steak
- 2 Handful(s) Baby spinach
- 0.50 Can(s) Corn can (540 ml)
- 0.50 Unit(s) Radish bunch
- 1 Handful(s) Cherry tomatoes
- 25 Gr Cashew nuts
  
- Olive oil

## Preparation

- Preparation time **30 mins**

(Video) To prepare before the class starts

### Ingredients

Make sure the spinach is rinsed. Press the juice out of the lime and lemon.

### Materiel

#### Juicer

1 pan and a pair of tongs

Cutting board, Chef knife and pairing knife

Table spoons and forks

Strainer

### For the preparations

Prepare the marinade with garlic, mustard, olive oil and lime.

Marinate the meat in it and keep in the fridge for at least 20 min.

Prepare a simple dressing mixing 1 lemon juice with 6 spoons of olive oil.

## Beef

Grill the meat (we recommend to not cook it too much). Remove the meat and deglaze with lime and balsamic vinegar.

Slice the meat in thin slices.

## Salad

Prepare the salad with what you have (spinach, radishes, corn) and add the dressing.  
Add the slices of beef and the cashews. Add a bit of meat juice.

**Bon appétit!**