

### **Beef Lok Lak**

250g beef steak, sliced into 1cm wide strips

1 tbsp vegetable oil

#### **The marinade**

1 tsp fish sauce

1 tsp oyster sauce

1 tsp ketchup

1 tsp finely grated fresh ginger

1 tsp finely grated garlic

Sea salt to taste

A very large pinch of black pepper, freshly ground

#### **The black pepper dressing**

1 tsp finely grated fresh ginger

1 clove of garlic finely chopped

1 lime squeezed

3 tbsp extra virgin olive oil

Sea salt

½ tsp freshly ground black pepper

#### **The salad**

Choice of lettuce

a few ripe vine tomatoes sliced

a ripe avocado, sliced

½ red onion, sliced (soak in cold water for a few minutes to reduce acidity)

1 Marinade the beef with the marinade ingredients for 15 mins.

2 Whisk the dressing ingredients.

3 Arrange the salad as desired

4 Now fry the beef strips on a high heat in oil for 1 minute. Place the beef on the salad.

5 Deglaze the pan with a few splashes of water then pour over the beef. Now drizzle over the dressing and serve hot.