

Devin Alexander www.devinalexander.com



Photo: Mitch Mandel

Thai Beef Papaya Salad

From *“The Biggest Loser Flavors of the World Cookbook”*

Fish sauce is a common ingredient in many Southeast Asian dishes. It's made from fish that have been fermented and has a very strong, distinct flavor that is essential to a lot of recipes, including this salad. You'll notice I use a small amount in this recipe--it's high in sodium, so I recommend using it sparingly.

- 1/4 teaspoon olive oil
- 4 ounces trimmed top round steak, preferably grass fed
- 1 teaspoon all-natural salt-free Thai seasoning (I used The Spice Hunter Salt Free Thai Seasoning Blend)
- 2 tablespoons freshly squeezed lime juice
- 1-1/2 teaspoons grated fresh lemongrass stalk
- 1/2 teaspoon all-natural fish sauce
- 1 teaspoon coconut sugar
- 1/3 cup thin, bite-size strips fresh papaya
- 1/2 medium cucumber, seeded and cut into matchsticks
- 1/4 cup red onion slivers
- 1 tablespoon chopped fresh mint leaves, or more to taste
- 1 tablespoon chopped fresh cilantro leaves
- 2 teaspoons finely slivered fresh red chile peppers (Fresno chiles; wear plastic gloves when handling), see note
- 3 cups mixed baby greens

Preheat a grill to high.

Rub the oil evenly over the steak, then rub the seasoning evenly over the steak. Let it stand until the grill is hot.

Meanwhile, in a small bowl, whisk together the lime juice, lemongrass, fish sauce, and sugar.

Grill the steak for 1 to 2 minutes per side for medium rare. Transfer to a plate, tent with foil, and let sit for 10 minutes while the juices redistribute.

In a large serving bowl, combine the papaya, cucumber, onion, mint, cilantro, and chiles. Slice the steak and add it to the bowl. Add the lime juice dressing and toss until well combined.

Spread the greens evenly over a dinner plate. Mound the steak mixture in the center, atop the greens. Serve immediately.

Devin Alexander

www.devinalexander.com



Photo: Mitch Mandel

Thai Beef Papaya Salad

From *“The Biggest Loser Flavors of the World Cookbook”*

Makes 1 serving

Per serving: 234 calories, 29 g protein, 27 g carbohydrates (14 g sugar), 5 g fat, 2 g saturated fat, 50 mg cholesterol, 8 g fiber, 363 mg sodium

Note: For a less spicy salad, seed the chile. If you prefer a spicier salad, don't seed it.

Reprinted from: *The Biggest Loser Flavors of the World Cookbook* by Devin Alexander (c) 2011 by Universal Studios Licensing LLLP. The Biggest Loser (TM) and NBC Studios, Inc., and Reveille LLC. Permission granted by Rodale, Inc. Available wherever books are sold. www.devinalexander.com