

The Effortless Kitchen

by Debbie Brosnan



Rice Noodle Salad with Steak

[40 mins - Serves 4]

Perfect for a hot summer night, the noodles and vegetables are cold and tossed with a zesty dressing. Topped with warm steak and crunchy peanuts and fresh mint, you get a complete meal in one bowl!

Ingredient List:

1 jalapeño pepper, grated
4 garlic clove, grated
1/4 cup fresh lime juice
3 tablespoons soy sauce
1 tablespoon water
2 tablespoons honey
pinch crushed red pepper flakes

2 tablespoons olive oil divided
1 lb. skirt steak
6 oz. wide rice noodles
1/2-1 small head Napa cabbage, coarsely chopped
2 Persian cucumbers, thinly sliced
1/2 cup finely chopped mint plus more leaves for serving
1/2 cup finely chopped roasted salted peanuts, plus more for serving

Dietary Substitutions

Vegetarian- use portobello mushroom
Gluten Free - use tamari in place of soy sauce

Kitchen Tools Needed

cutting board, a sharp knife, a large pot with a lid, strainer for the noodles, salad spinner, tongs, 2 bowls for steak and marinade, cast iron skillet/heavy bottom skillet, microplane/garlic press (optional), citrus juicer (optional), measuring spoons and cups, tasting spoon(s) and a garbage bowl

Prep to be done for the start of class:

Please have all ingredients and kitchen tools out.
Set pot of water with lid on the stove to boil for the start of class.

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Directions:

For the Dressing and Marinade:

Add the jalapeño, garlic, lime juice, soy sauce, honey, crushed red pepper flakes and 1 tablespoon oil to a bowl and stir to dissolve honey.

For the Noodles + Steak

Place the steak in a bowl (or zip top baggie) and add 1/4 cup of the dressing to the steak. Reserve remaining dressing and set aside. Let the steak marinate, turning over once, for at least 20 minutes, up to 1 hour.

While the steak is marinating, cook the rice noodles according to package instructions. Stir every minute or so to keep from sticking, until noodles are cooked. Drain and rinse under cold running water. Set into a bowl with water to prevent sticking (or fill pot with water enough for the strainer with the noodles to be submerged) and set aside.

Combine cabbage and cucumbers in a large bowl; season lightly with salt. Massage with your hands to release excess water. Drain off any water that pools in bottom of bowl.

Pat steak dry and season with salt. Heat remaining oil in a large cast iron skillet over medium-high. Add steak and cook, turning once, until browned all over, about 5 minutes per side for medium. Let rest 2-3 minutes before cutting into thin slices against the grain. Alternatively, steak can be cooked on the grill.

Drain excess water from cabbage mixture and add noodles, 1/2 cup mint, and 1/2 cup peanuts and toss with reserved dressing, amount to taste. Taste and season with salt or heat, if needed. Top with sliced steak and more mint and peanuts before serving.