

Pro Tip Recipes

PREP TIME 30 MIN | COOK TIME 3-4 HOURS | SERVES 10

REVERSE SEAR RUMP: VIETNAMESE NOODLE SALAD

Method

1. Prepare marinade by combining the soy sauce, lime juice, sugar, garlic and chilli jam. Stir until sugar dissolves. Reserve 1/3 of the marinade for dressing. Place in a half gastronome, pour over remaining marinade, refrigerate for 1 hour for flavours to infuse.
2. Pre-heat oven to 60 ° C. Bring rump to room temperature. Place in oven and probe to internal temperature of 56-58 ° C. Remove from oven.
3. Heat a frying pan over high heat and sear rump on all sides. Allow to rest. Thinly slice rump.
4. Cook rice stick noodles according to instructions. Drain and rinse under running water. Place in a large bowl, add cucumber, carrots, watercress, half the basil and mint. Add reserved dressing, gently toss to coat. Divide beef mixture amongst bowls. Top with remaining basil, mint, bean shoots, green onions, fried shallots and or fried green rice.

INGREDIENT LIST

Beef

- Beef, rump 1.3kg

Marinade

- 60mls soy sauce
- 40 mls fresh Lime juice
- 60g caster sugar
- 40g Thai chilli jam
- 20g ginger, grated
- 5g fresh garlic, crushed

Other Ingredients

- 30mls fish sauce
- vegetable oil for frying
- 400g dried rice stick noodles
- 250g Lebanese cucumbers, deseeded, thinly sliced on diagonal
- 240g carrots, cut into fine strips or grated
- 300g watercress sprigs
- 125g Thai Basil, leaves picked
- 80g mint, leaves picked
- 200g bean shoots, trimmed
- 150g bunch green onions, finely sliced
- 125g fried shallots

