

# Thai Steak Salad with Basil and Mint

[Billy Strynkowski](#)

*From the Yale Appliance + Lighting Chef Series*

## **Thai Steak Salad with Basil and Mint**

**Yield: 4 Servings**

### **Ingredients (Dressing):**

- **2 tablespoons sugar**
- **2 tablespoons lime juice**
- **1 to 2 tablespoons fish sauce**
- **1 tablespoon water**
- **1 teaspoon Thai chili paste**

### **Ingredients (Salad):**

- **1 (1-pound) Tri Tip**
- **1/8 teaspoon salt**
- **1/8 teaspoon freshly ground black pepper**
- **Cooking spray**
- **3 cups sliced romaine lettuce**
- **1 cup diced cucumber**
- **1 cup red bell pepper strips (about 1 medium)**
- **3/4 cup thinly sliced red onion**
- **1/2 cup sliced fresh basil**
- **1/4 cup sliced fresh mint**
- **12 cherry tomatoes, halved**

**Methods:**

- To prepare dressing, combine first 5 ingredients; set aside.
- To prepare salad:
  1. Sprinkle both sides of steak with salt and black pepper.
  2. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add steak; cook 8 minutes or until desired degree of doneness, turning after 4 minutes.
  3. Remove steak from pan; cover and set aside.
  4. Combine lettuce and remaining ingredients in a large bowl; drizzle with 3 tablespoons dressing.
  5. Arrange 1 1/4 cups salad on each of 4 plates. Cut steak diagonally across grain into thin slices.
  6. Divide steak evenly among salads; drizzle with remaining dressing.