

The Australian Healthy Skin Diet by Geraldine Georgeou

'Lunch'

Thai beef noodle salad (p. 147)

Serves 4

Prep time: 15 mins

Cooking time: 15 mins

Using rice noodles makes this dish gluten free and perfect as a light and fresh lunch or even dinner. I find a common misconception is that red meat should be avoided because it is high in saturated fat and therefore bad for your health, but lean cuts of beef are an excellent source of iron, which is particularly important for women. An adequate iron intake ensures sufficient oxygen in the blood, which gives us lots of energy and a healthy glow. You'll find lemongrass paste next to the fresh herb section in the supermarket.

150 g (5½ oz) rice stick noodles
500 g (1 lb 2 oz) lean rump steak
250 g (9 oz) cherry tomatoes, cut in half
1 cup (115 g) bean sprouts
½ red onion, sliced
1 handful chopped coriander (cilantro)
1 handful chopped mint

Dressing

3 tablespoons lemon juice
1 tablespoon fish sauce
2 teaspoons lemongrass paste

Cook the noodles in a saucepan of boiling water for 4–5 minutes until tender. Drain, then rinse under cold water.

Heat a chargrill pan over medium–high heat. Cook the steak for 3–4 minutes on each side for medium or until cooked to your liking. Transfer to a plate and cover loosely with foil. Set aside for 5 minutes to rest. Slice thinly.

Whisk together the dressing ingredients.

Put the noodles in a bowl and add the cherry tomatoes, bean sprouts, onion, coriander, mint and half the dressing. Toss gently.

Top with the sliced beef and serve with the remaining dressing.

Analysis summary (per serve)

Energy 1498 kJ (358 cal)
Protein 33 g
Total fat 7 g
Saturated fat 2 g
Carbohydrate 35 g
Sugars 5 g
Dietary fibre 6 g

The Healthy Skin Diet: Recipes & 4-week eating plan to support skin health and healing at any age by Geraldine Georgeou (Murdoch Books, £14.99) is available to buy now.

