THAI STEAK SALAD

SERVES 6

Marinade/Dressing:
½ cup freshly squeezed lime juice
½ cup unrefined olive oil, ***divided***
2 Tablespoons shoyu
6 Tablespoons packed fresh cilantro or mint leaves, chopped (or a combo)
1-2 small cloves garlic, minced
¼ teaspoon chili flakes or ½ teaspoon chili-garlic sauce
1 Tablespoon raw honey
freshly ground black pepper to taste

1 ½ pounds grass-fed top sirloin or flank steak, about 1-inch thick
sea salt to taste
1 Tablespoon unrefined coconut oil or olive oil
8 heaping cups salad greens, about 6-7 ounces
2 shallots, thinly sliced
a few handfuls of seasonal veggies: thinly sliced cucumber or sweet bell pepper, sprouts, julienned carrots, fresh mint leaves, fresh Thai basil leaves*

1. Combine lime juice, 6 Tablespoons oil, shoyu, cilantro, garlic, hot pepper, honey, and pepper to taste in a small bowl. Whisk together and set aside.
2. If steak is thicker than 1 inch, place in between two sheets of plastic wrap and pound on both sides. Remove wrap and place meat in a shallow nonreactive dish that is just small enough to hold the meat. Pour **HALF** the marinade (about 2/3 cup) over the meat. Cover and marinate in the refrigerator for at least 1 hour or up to 12 hours (longer is better). Take the reserved marinade in the bowl and add 2 Tablespoons olive oil. Set this aside as your salad dressing.
3. Pull the steak from the refrigerator about 30-60 minutes before cooking it. Preheat oven to 275 degrees or preheat a grill.
4. Insert a wire rack inside a baking sheet and place the meat on top of the rack and sprinkle with a pinch of salt. Bake for 20-30 minutes for medium to medium-well.
5. Heat the oil in a heavy skillet, preferably cast iron, over high heat. Transfer the steak to the skillet and sear for 2-3 minutes on each side for medium to medium-well. Alternatively, grill for over medium heat for medium doneness.
6. Transfer meat to a carving board and allow to rest for 10 minutes, covered.
7. Assemble the salad greens on a platter and drizzle with half the dressing (about 1/3 cup), tossing to coat. Drizzle the vegetables with half the remaining dressing (about 2 ½ Tablespoons). Toss to coat and arrange on top of the salad. Taste for salt and add as needed.

8. Slice meat thinly against the grain on a diagonal. Arrange slices of meat on top of the greens and drizzle with remaining dressing.

* I used 1 whole red bell pepper and 2 Persian cucumbers.