



Thai Basil Bison Salad

2 servings

15 minutes

Ingredients

- 1 tbsp Avocado Oil
- 283 grams Bison Steak
- 1/8 tsp Sea Salt
- 1 1/2 tsps Fish Sauce
- 1 1/2 tsps Lime Juice
- 2 tsps Maple Syrup
- 2/3 Cucumber (large, sliced into strips or julienned)
- 1 Carrot (medium, sliced into strips or grated)
- 1 stalk Green Onion (green part only, sliced)
- 1/4 cup Thai Basil (chopped)

Nutrition

Amount per serving	
Calories	355
Fat	15g
Carbs	12g
Fiber	2g
Sugar	8g
Protein	41g
Cholesterol	122mg
Sodium	601mg
Vitamin A	5723IU
Vitamin C	8mg
Calcium	55mg
Iron	6mg

Directions

- 1 Heat the oil in a skillet over high heat. Season the bison steak with salt and transfer it to the hot skillet. Cook for about four minutes on each side, or until well browned and your desired doneness is reached. Transfer to the cutting board and let rest for five to 10 minutes before slicing.
- 2 Meanwhile, whisk together the fish sauce, lime juice, and maple syrup in a jar. Adjust the flavors as needed.
- 3 Divide the cucumber, carrot, green onion, Thai basil, and sliced steak into bowls. Drizzle the dressing over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately five ounces of bison and two cups of salad.

More Flavor: Add sesame oil, tamari, garlic, ginger, and/or black pepper to the dressing.

Additional Toppings: Add bean sprouts and/or vermicelli to the salad.

No Bison Steak: Use any other steak, chicken, or turkey instead.