



Chimichurri Beef Strip Salad

with lemony couscous and cooling cucumber

Calorie Smart Quick Cook 20-25 mins • Optional spice

12



Beef Strips



Lemon



Dried Chilli Flakes



Yoghurt



Cucumber



Carrot



Couscous



Cherry Tomatoes



Soy Sauce



Garlic



Parsley

Pantry Items: Water, Oil, Pepper, Salt

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, zester

Ingredients

	2P	4P
Beef Strips	250 g	500 g
Lemon	1 unit	2 units
Dried Chilli Flakes	1 sachet	2 sachets
Yoghurt	75 g	150 g
Cucumber	½ unit	1 unit
Carrot	1 unit	2 units
Couscous	100 g	250 g
Cherry Tomatoes	125 g	250 g
Soy Sauce	1 sachet	2 sachets
Garlic	1 unit	2 units
Parsley	10 g	20 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	497.5 g	100 g
Energy (kJ/kcal)	1820 kJ/ 435 kcal	365.8 kJ/ 87.4 kcal
Fat (g)	3.1 g	0.6 g
Sat. Fat (g)	2.6 g	0.5 g
Carbohydrate (g)	56 g	11.3 g
Sugars (g)	11.4 g	2.3 g
Protein (g)	38.2 g	7.7 g
Salt (g)	2.2 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

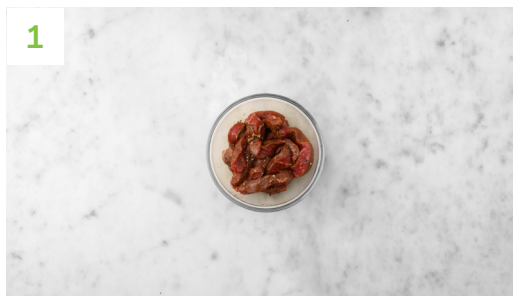
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.

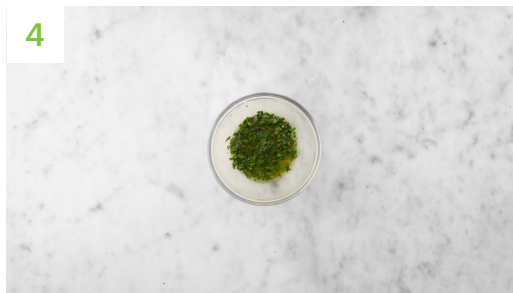


You can recycle me!



Marinate the Meat

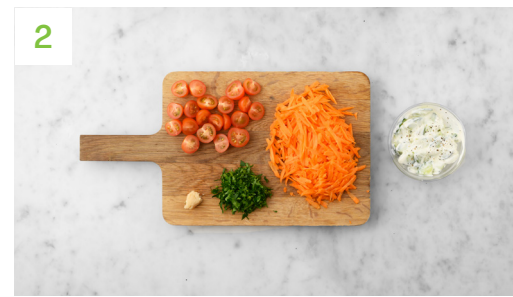
- Place your **beef strips** in a bowl. **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging.
- Add the **soy sauce** and a pinch of **salt** and **pepper**.
- Leave aside to marinate.



Make the Chimichurri

- While the **couscous** cooks, whisk together 4 tbsp **oil** (double for 4p) with the juice of **half the lemon** wedges in a large bowl.
- Add the **chilli flakes** (use less if you don't like spice), **garlic** and chopped **parsley**.
- Stir to combine and season to taste with **salt** and **pepper**.

TIP: Use a blender if you'd like a smoother consistency.



Get Prepped

- Trim and quarter **half the cucumber** (double for 4p) lengthways. Chop into small pieces. Add to a bowl with the **yoghurt** and season to taste with **salt** and **pepper**.
- Peel and grate the **garlic** (or use a garlic press).
- Trim the **carrot** then coarsely grate (no need to peel).
- Halve the **cherry tomatoes**.
- Finely chop the **parsley** (stalks and all).



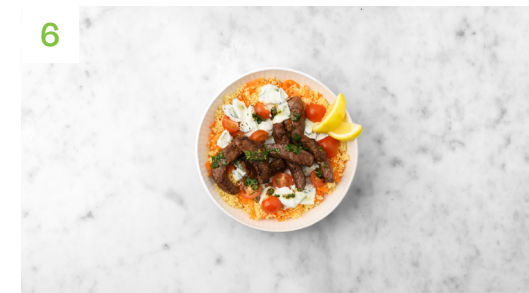
Sear the Beef Strips

- Place a large pan over high heat with a drizzle of **oil**.
- Once hot, remove the **beef strips** from the marinade and fry until browned, 5-7 mins, shifting as they colour.
- When 1 min cooking time remains, add any marinating juices from the bowl to the pan. **IMPORTANT:** Meat is safe to eat when the outside is browned.



Cook the Couscous

- Zest the **lemon** and chop into 4 wedges.
- To a medium bowl, add the **couscous**, **lemon** zest and ¼ tsp **salt** (double for 4p).
- Pour 200ml boiling **water** (500ml for 4p) into the bowl.
- Give it a stir, cover with a plate or cling film and leave aside until ready to serve.
- When cooked, stir the grated **carrot** through the **couscous**. Season to taste with **salt** and **pepper**.



Finish and Serve

- Divide the **couscous** between bowls.
- Top with the **cherry tomatoes** and cooling **cucumber**.
- Finish with the **beef strips** and a drizzle of the chimichurri sauce.
- Serve with remaining **lemon** wedges for squeezing over.

Enjoy!