



# Teriyaki Beef Salad

with sweet chilli couscous

Calorie Smart Quick Cook 20-25 mins

12



Beef Rump



Beef Stock



Cucumber



Tomato



Couscous



Scallion



Onion



Lime



Sweet Chilli Sauce



Teriyaki Sauce



## Before you start

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

## Cooking tools you will need

Lid, Pot

## Ingredients

	2P	4P
Beef Rump	250 g	500 g
Beef Stock	1 sachet	2 sachets
Cucumber	½ unit	1 unit
Tomato	2 units	4 units
Couscous	100 g	250 g
Scallion	1 unit	2 units
Onion	1 unit	2 units
Lime	1 unit	2 units
Sweet Chilli Sauce	1 sachet	2 sachets
Teriyaki Sauce	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	482.5 g	100 g
Energy (kJ/kcal)	2396.9 kJ/ 572.9 kcal	496.8 kJ/ 118.7 kcal
Fat (g)	18.4 g	3.8 g
Sat. Fat (g)	6.5 g	1.3 g
Carbohydrate (g)	64.8 g	13.4 g
Sugars (g)	22 g	4.6 g
Protein (g)	37.4 g	7.7 g
Salt (g)	3.7 g	0.8 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?  
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### Make the Couscous

- In a pot for the **couscous**, dilute the **stock** in 200ml **water** (500ml for 4p).
- Bring to the boil.
- When boiling, remove from the heat, stir in the **couscous** and pop a lid on the pot.
- Leave to the side for 8-10 mins or until ready to serve.



### Make the Sauce

- Fry the **onion**, stirring occasionally, 1-2 mins. Season with **salt** and **pepper**.
- Stir the **beef** and **onion** together for another 1-2 mins.
- Add the **teriyaki sauce** along with 50ml **water** (double for 4p). Allow to warm through for 2-3 mins.
- Taste and season with **salt** and **pepper**, if required.



### Prep the Veg

- Halve, peel and thinly slice the **onion**.
- Cut the **tomatoes** into 2cm chunks.
- Quarter the **lime**.
- Trim and thinly slice the **scallions**.
- Trim **half** the **cucumber** (double for 4p), then quarter lengthways. Chop widthways into small pieces.



### Finishing Touches

- Meanwhile, fluff up the **couscous** with a fork.
- Stir through the **sweet chilli sauce**, chopped **cucumber** and **tomato**.
- Season to taste with **salt**, **pepper** and **lime** juice.



### Cook the Beef

- Place a pan over high heat with a drizzle of **oil**.
- Thinly slice the **beef**.
- When pan is hot, add the **beef** slices and season with **salt** and **pepper**.
- Cook for 1-2 mins on each side. **IMPORTANT:** Wash your hands and equipment after handling raw meat and its packaging.
- Move the **beef** slices to one side of the pan and add the **onion** to the empty side.



### Divide and Serve

- Divide the **couscous** between bowls.
- Top with **beef** slices and **teriyaki sauce**.
- Sprinkle over the sliced **scallion**.
- Serve with any remaining **lime** wedges alongside.

Enjoy!