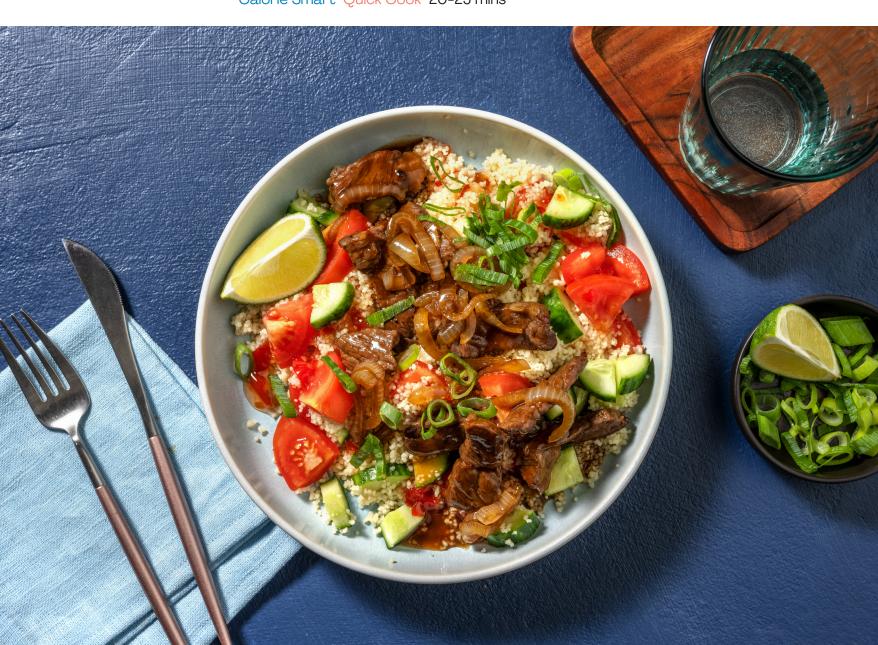


# Teriyaki Beef Salad

with sweet chilli couscous

Calorie Smart Quick Cook 20-25 mins









f Rump

Beef Stock



Cucumber

Tomat





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

# 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.



#### 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.



# 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.



### 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.



### 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.



# **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.



### 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!



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

