



Chimichurri Beef Strip Salad with lemony couscous and cooling cucumber

Calorie Smart Quick Cook 20-25 mins • Optional spice

12



Beef Strips



Parsley



Lemon



Dried Chilli Flakes



Yoghurt



Cucumber



Carrot



Couscous



Cherry Tomatoes



Soy Sauce



Garlic

Pantry Items: Water, Oil, Pepper, Salt



Rate your recipe!

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
Parsley	5 g	10 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

Nutrition

	Per serving	Per 100g
for uncooked ingredients	495.5 g	100 g
Energy (kJ/kcal)	1820 kJ/ 435 kcal	367.3 kJ/ 87.8 kcal
Fat (g)	3.4 g	0.7 g
Sat. Fat (g)	2.7 g	0.5 g
Carbohydrate (g)	56 g	11.3 g
Sugars (g)	11.8 g	2.4 g
Protein (g)	38.1 g	7.7 g
Salt (g)	2.2 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

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.

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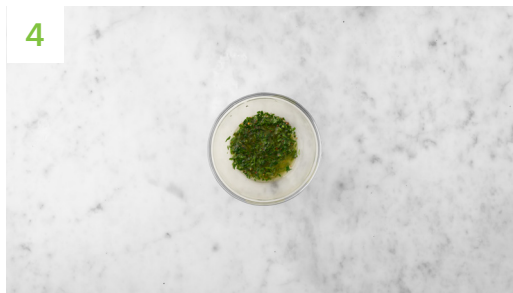


You can recycle me!



Marinate the Meat

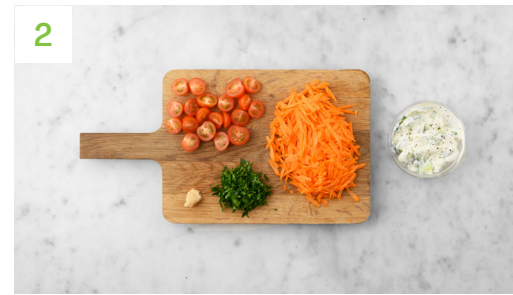
- Place your **beef strips** in a bowl. **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging.
- Add the **soy sauce** and a pinch of **salt** and **pepper**.
- Leave aside to marinate.



Make the Chimichurri

- Meanwhile, mix 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 **half** the **cucumber** (double for 4p). Quarter lengthways then chop widthways into small pieces. Add to a bowl along 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).



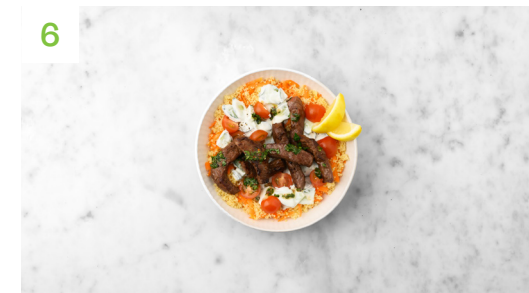
Sear the Beef Strips

- 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, shifting as they colour, 2-3 mins.
- When 1 min of 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 and quarter the **lemon**.
- Add the **couscous**, **lemon** zest and ¼ tsp **salt** (double for 4p) to a medium bowl.
- Pour in 200ml boiling **water** (500ml for 4p).
- Give it a stir, cover with a plate or cling film and leave aside for 10 mins or until ready to serve.
- Once ready, stir the grated **carrot** through the **couscous**. Season to taste with **salt** and **pepper**.



Finish and Serve

- When everything's ready, fluff up the **couscous** with a fork and divide between bowls.
- Top with **tomatoes** and cooling **cucumber**.
- Finish with the **beef strips** and a drizzle of the chimichurri sauce.
- Serve with remaining **lemon** wedges on the side for squeezing over.

Enjoy!