



Teriyaki Beef Salad

with sweet chilli couscous

Calorie Smart 20 – 25 mins

16



Beef Strips



Teriyaki Sauce



Cucumber



Tomato



Couscous



Scallion



Onion



Lime



Sweet Chilli Sauce



Stock

Pantry Items: Oil, Salt, Pepper, Water



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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.

Ingredients

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

Nutrition

	Per serving	Per 100g
for uncooked ingredients	478 g	100 g
Energy (kJ/kcal)	2020.9 kJ/ 483 kcal	422.8 kJ/ 101 kcal
Fat (g)	3.8 g	0.8 g
Sat. Fat (g)	1.8 g	0.4 g
Carbohydrate (g)	67.2 g	14.1 g
Sugars (g)	22 g	4.6 g
Protein (g)	50.7 g	10.6 g
Salt (g)	4.1 g	0.9 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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Cook the Couscous

- Pour the **couscous** and **stock** into a bowl.
- Stir in 200ml boiling **water** (500ml for 4p).
- Cover with a plate or cling film.
- Leave aside for 10 mins or until ready to serve.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Prep the Veg

- Meanwhile, halve, peel and thinly slice the **onion**.
- Cut the **tomatoes** into 2cm chunks.
- Quarter the **lime**.
- Trim and thinly slice the **scallion**.
- Trim the **cucumber**, then quarter lengthways. Chop widthways into small pieces.



Sear the Beef Strips

- Place a pan over high heat with a drizzle of **oil**.
- When pan is very hot, add the **beef strips** and season with **salt** and **pepper**.
- Sear until browned, shifting as they colour, 2-3 mins. **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging. Meat is cooked when the outside is browned.
- Once cooked, remove from the pan and set aside.



Make the Sauce

- Return the pan to medium-high heat with a drizzle more **oil** if necessary.
- Fry the **onion** until softened, stirring occasionally, 3-4 mins. Season with **salt** and **pepper**.
- Add the **teriyaki sauce** along with 50ml **water** (double for 4p). Allow to warm through for 2-3 mins.
- In the final 2 mins of cooking time, add the **beef strips** back to the pan and cook until warmed through.
- 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.



Assemble and Serve

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

Enjoy!