



Teriyaki Beef Salad

with sweet chilli couscous

20 – 25 mins

12



Beef Strips



Teriyaki Sauce



Cucumber



Tomato



Couscous



Scallion



Onion



Lime



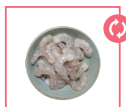
Sweet Chilli Sauce



Stock



Olives



Prawns



Irish Diced Chicken



Beef Strips

Pantry Items: Oil, Salt, Pepper, Water



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.

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

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 |
| Olives | 1 sachet | 2 sachets |
| Prawns | 150 g | 300 g |
| Irish Diced Chicken | 260 g | 520 g |
| Beef Strips | 500 g | 1000 g |

Nutrition

| for uncooked ingredient | Per 100g | Per 100g | Per 100g | Per 100g |
|-------------------------|-------------------|------------------|-------------------|-------------------|
| Energy (kJ/kcal) | 441 kJ / 105 kcal | 378 KJ / 90 kcal | 417 KJ / 100 kcal | 436 KJ / 104 kcal |
| Fat (g) | 2.2 g | 1 g | 1.1 g | 1.9 g |
| Sat. Fat (g) | 0.5 g | 0.1 g | 0.2 g | 0.6 g |
| Carbohydrate (g) | 14 g | 16.2 g | 14.3 g | 11.5 g |
| Sugars (g) | 4.6 g | 5.3 g | 4.7 g | 3.7 g |
| Protein (g) | 7.6 g | 4.9 g | 8.6 g | 10.6 g |
| Salt (g) | 0.9 g | 1.1 g | 0.8 g | 0.7 g |

See site or app for detailed nutritional info.

Allergens

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

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1 Cook the Couscous

- Pour the **couscous** and **stock** into a bowl.
- Stir in 200ml boiling **water** (4P: 500ml | 6P: 600ml).
- 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.



2 Prep the Veg

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



3 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.



4 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** (per 2P). Allow to warm through for 2-3 mins.
- Add the **beef strips** back to the pan to warmed through.
- Taste and season with **salt** and **pepper**, if required.



5 Finishing Touches

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



6 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 !

CUSTOM OPTIONS



PRAWNS

Swapping to prawns? Add them to the hot pan and fry until pink on the outside, 4-5 mins. Remove once cooked.



DICED CHICKEN BREAST

Swapping to chicken? Add to the hot pan and fry until cooked through, 8-10 mins.