

HEALTHY SEARED STEAK CORN & COUSCOUS SALAD RECIPE



☰ Prep: 20 mins
🕒 Cook: 25 mins
🍴 Serves: 4
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Ingredients

- ▲ spray olive or canola oil spray
- ▲ 3 corn cobs, husk and silk removed
- ▲ 1 cup wholemeal couscous
- ▲ 2 cloves garlic, crushed
- ▲ 4 tsp ground cumin
- ▲ 1 cup boiling water
- ▲ 500 g lean beef, trimmed of fat
- ▲ 1/4 tsp cayenne pepper, optional
- ▲ 250 g cherry tomatoes, quartered
- ▲ 1 capsicum, diced
- ▲ 2 spring onions (including green tops), thinly sliced
- ▲ 1 red chilli, deseeded, finely diced (optional)
- ▲ 2 limes, zest and juice
- ▲ 1/4 cup mint leaves, chopped
- ▲ to taste pepper
- ▲ 1/3 cup reduced-fat feta cheese, crumbled

Method

1. Preheat a griddle pan or barbeque grill on medium-high heat. Lightly spray corn with oil and cook on grill, turning, for about 10 minutes until there is a light char all over. Once cool enough to handle, slice off kernels.
2. Meanwhile, place couscous, garlic and half the cumin in a large heatproof bowl. Pour over boiling water. Cover and set aside for 3 minutes.
3. Reheat grill or pan to medium-high temperature. Lightly spray steak with oil and sprinkle each side with remaining cumin and

Comment: *Replace couscous with quinoa or brown rice for a gluten-free version. *Leave out the feta for a dairy-free version.

the cayenne if using. Grill for 3-4 minutes each side or until cooked to your liking. Remove from heat, cover and set aside to rest for 5 minutes.

4. Fluff couscous with a fork to separate grains and stir through corn kernels, tomatoes, capsicum, spring onions, chilli, lime juice and zest and mint. Add pepper and sprinkle feta over the top.
5. To serve, divide couscous salad between plates and top with thinly sliced steak.

Variations

- Replace couscous with 2 cups cooked quinoa, barley or brown rice.
- Swap the beef for 2 cans of no-added-salt beans eg. black beans, chickpeas or cannellini beans.
- Add a diced mango or avocado just before serving.
- Serve with grilled zucchini strips or on a bed of baby spinach or rocket.
- Microwave the corn or use tinned or frozen corn (2 – 3 cups) for a speedier version of this dish.

Serving Suggestion: Couscous salad can be made in advance with mint and feta added just prior to serving.

Nutrition Information

	per serving	per 100g
Energy	2123 kJ	470 kJ
Protein	39.6 g	8.8 g
Fat, total	14.3 g	3.2 g
— saturated	3.9 g	0.9 g
Carbohydrate	48.5 g	10.7 g
— sugars	10.8 g	2.4 g
Sodium	206 mg	46 mg
Fibre	11.9 g	2.6 g