

Beef & Vegetable Kebabs

Serves: 2

Cooking/Preparation time:

40-50 minutes

Cost per portion: £3.21*

Equipment list:

- Chopping board
- Cutting knife
- Saucepan
- Grill or Sauté pan
- Kettle (optional)
- Stove top
- Skewers
- Large bowl

Nutrition

Typical value	Per serving	Per 100g
Energy	471kcal	91kcal
Fat	18g	3.5g
Saturated fat	6.9g	1.3g
Carbohydrate	37g	7.1g
Fibre	11g	2g
Protein	34g	6.6g

*Cost per portion calculated from the average cost of ingredients when shopping at a large supermarket, prices in local shops can vary.

Ingredients:

- 1 fillet sirloin steak 230g
- $\frac{1}{2}$ each of a red and yellow pepper
- Small red onion or $\frac{1}{2}$ of a large red onion
- $\frac{1}{2}$ of a courgette
- 150g wholewheat giant couscous (you could swap this for 100g couscous/quinoa/barley).
- 500ml water
- 1 fresh tomato
- 100g frozen peas
- $\frac{1}{2}$ of a small bunch of coriander
- Juice of $\frac{1}{2}$ a lime
- 2 spring onions
- Seasoning to taste

For the Marinade

- 1 tsp of rapeseed/canola/sunflower oil
- 1 tbsp Worcester sauce
- $\frac{1}{2}$ tbsp low sodium soy sauce
- $\frac{1}{2}$ tbsp apple cider vinegar
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp of honey
- 1 pinch of onion salt

Allergens:
Soya, Fish, Gluten.
May contain Sulphites.

"I enjoyed the food, it was very flavourful"

Kailash,
Newham resident

Method:

1. If you are using bamboo skewers, soak them in water for 15 minutes.
2. Start to heat up the grill pan (alternatively use a shallow frying pan) on a low heat.
3. Rinse the couscous grains in cold water.
4. In a saucepan bring 500ml of water to boil.
5. Pour the couscous into the boiling water, turn down the heat to a simmer for 6-8 minutes with the lid on.
6. In the meantime, defrost the peas in boiling water, drain them and set aside.
7. Then cut off any visible fat from the beef steaks and cut the meat into 2cm cubes.
8. Mix the meat cubes in a bowl with the marinade ingredients and set aside. (You could do this the night before and leave in the fridge to marinate.)
9. Cut the vegetables in 2cm cubes (roughly the same size as the beef cubes).

Cooks tips:

Skewers are optional, you can still cook your meat and vegetables without the skewers and simply place them on the top of the couscous.

You can swap the beef for other meats (chicken, lamb) or for tofu or seitan if you would like to turn this recipe into a vegetarian meal.

10. Once cooked, drain the couscous into a bowl and rinse with cold water, using a fork separate the grains.
11. Cut the tomato into small cubes and finely chop the spring onions and the coriander.
12. In a bowl combine the couscous with the peas, tomatoes, spring onions, coriander, and the lime juice.
13. Prepare the skewers alternating the beef and the vegetables cubes and leave some space on the end to hold the skewers.
14. Put the grill pan on a high heat.
15. Open the window and switch on the cooker hood.
16. Place the four skewers onto the grill pan and cook for 6 minutes, turning them regularly (If you want the meat well done leave them for 8 minutes).
17. To serve, spoon out the couscous onto 2 plates and place 2 skewers on top of each.

