



CHARRED CORN AND COUSCOUS SALAD WITH SEARED STEAK

Preparation time: 20 minutes

Cooking time: 25 minutes

Serves: 4

Ingredients

- ▲ 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
- ▲ $\frac{1}{4}$ 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
- ▲ $\frac{1}{4}$ cup mint leaves, chopped
- ▲ pepper, to taste
- ▲ $\frac{1}{3}$ 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 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.

3-2-1 MEAL PLAN

Do you want to eat better but don't know where to start? Our dietitians have designed a meal plan that balances the food groups:

$$\begin{array}{ccccc} \text{3} & + & \text{2} & + & \text{1} & = & \text{Simple!} \\ \text{Vegies} & & \text{Grains} & & \text{Protein} & & \end{array}$$

What is the 3-2-1 meal planner?

A FREE weekly meal plan that provides you with tasty recipes and a simple guide to creating nutritious meals. You can customise your plan based on:

- ▲ The food you like and have in your pantry
- ▲ Special dietary requirements or allergies
- ▲ How many people you're cooking for

How can a meal plan help?

- ▲ No more last-minute dinner panic!
- ▲ Get your shopping list emailed to you
- ▲ Save time and money at the shops
- ▲ Access to heaps of yummy, healthy new recipes

Stay on track with:

- ▲ A digital diary to track your meals, physical activity and weight
- ▲ Motivational emails and loads of tips

Get your free, flexible 3-2-1 meal plan today at www.livelighter.com.au



Partner:



Government of **Western Australia**
Department of **Health**





ROAST CAULIFLOWER AND BARLEY SALAD

Preparation time: 10 minutes

Cooking time: 40 minutes

Serves: 4

Ingredients

- ▲ $\frac{3}{4}$ cup pearl barley, uncooked
- ▲ water
- ▲ 1 head cauliflower, cut into florets
- ▲ 1 red onion, cut into wedges
- ▲ olive or canola oil spray
- ▲ $1\frac{1}{2}$ tbs ground cumin
- ▲ pepper, to taste
- ▲ $1\frac{1}{2}$ cups low-fat natural or Greek yoghurt
- ▲ 400 g can no-added-salt brown lentils, drained and rinsed
- ▲ $\frac{1}{2}$ cup currants
- ▲ $\frac{1}{2}$ cup parsley, chopped
- ▲ 2 cups rocket or baby spinach
- ▲ 1 tbs red wine vinegar
- ▲ $\frac{2}{3}$ cup roasted almonds, chopped

Method

1. Preheat oven to 200°C and line a tray with baking paper.
2. Place barley into a medium saucepan and fill $\frac{2}{3}$ way with water. Bring to the boil, then cover and simmer for 35 minutes or until tender. Drain and set aside to cool.
3. Place cauliflower and onion on the baking tray, spray with a little oil, sprinkle with half of the cumin and cracked pepper. Roast for 20 minutes, until golden brown.
4. In a small bowl, combine yoghurt and the remaining cumin.
5. Combine barley, cauliflower, onion, lentils, currants, parsley, baby spinach, vinegar and almonds onto a serving plate. Drizzle the yoghurt dressing over the top of the salad.

Variations

- ▲ Instead of roasting cauliflower, blitz in a food processor until it's a chunky couscous texture and add raw to the salad.
- ▲ Swap dried fruit for fresh pomegranate seeds and almonds for other crunchy toppings, like pinenuts, hazelnuts or pumpkin seeds.
- ▲ Replace barley with another cooked grain such as brown rice, quinoa, buckwheat, wholemeal couscous or freekah.

3-2-1 MEAL PLAN

Do you want to eat better but don't know where to start? Our dietitians have designed a meal plan that balances the food groups:

$$\begin{array}{ccccc} \text{3} & + & \text{2} & + & \text{1} & = & \text{Simple!} \\ \text{Vegies} & & \text{Grains} & & \text{Protein} & & \end{array}$$

What is the 3-2-1 meal planner?

A FREE weekly meal plan that provides you with tasty recipes and a simple guide to creating nutritious meals. You can customise your plan based on:

- ▲ The food you like and have in your pantry
- ▲ Special dietary requirements or allergies
- ▲ How many people you're cooking for

How can a meal plan help?

- ▲ No more last-minute dinner panic!
- ▲ Get your shopping list emailed to you
- ▲ Save time and money at the shops
- ▲ Access to heaps of yummy, healthy new recipes

Stay on track with:

- ▲ A digital diary to track your meals, physical activity and weight
- ▲ Motivational emails and loads of tips

Get your free, flexible 3-2-1 meal plan today at www.livelighter.com.au



Partner:



Government of **Western Australia**
Department of **Health**

