

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
- 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
- pepper, to taste
- ▲ 1/3 cup reduced-fat feta cheese, crumbled

Method

- 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.
- Meanwhile, place couscous, garlic and half the cumin in a large heatproof bowl. Pour over boiling water. Cover and set aside for 3 minutes.
- 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.
- 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:

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

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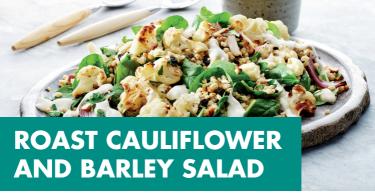
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Preparation time: 10 minutes

Cooking time: 40 minutes

Serves: 4

Ingredients

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

Method

- Preheat oven to 200°C and line a tray with baking paper.
- Place barley into a medium saucepan and fill 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.
- 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.
- In a small bowl, combine yoghurt and the remaining cumin.
- 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.



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