



SEP
2016

Beef and Pepper Skewers

with Zucchini and Couscous Salad

Using skewers to alternate meat with veggies is a genius way to sneak colorful foods into those little tummies. In this recipe, we've paired beef with peppers and tossed together a citrusy couscous salad to round it all out. Feel free to use the broiler or the grill for this recipe — up to you!



Prep: 10 min
Total: 30 min



level 1



nut free



dairy free



Sirloin
Tips



Israeli
Couscous



Red Bell
Peppers



Shallots



Zucchini



Parsley



Southwest
Seasoning



Lemon



Skewers

Ingredients

		4 People
Sirloin Tips		16 oz
Israeli Couscous	1)	1 Cup
Red Bell Peppers		2
Shallots		2
Zucchini		2
Parsley		½ oz
Southwest Seasoning		1 T
Lemon		1
Skewers		8
Olive Oil*		2 T

*Not Included

Allergens

1) Wheat

Tools

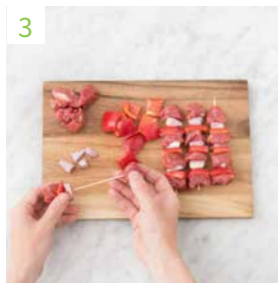
Zester, Large pot,
Strainer, Large bowl,
Baking sheet, Large pan

Nutrition per person Calories: 479 cal | Fat: 16 g | Sat. Fat: 4 g | Protein: 34 g | Carbs: 52 g | Sugar: 9 g | Sodium: 100 mg | Fiber: 7 g



1

1 Prep: Wash and dry all produce. Preheat the broiler to high. Soak the **skewers** in water. Core, seed, and dice the **peppers** into ¾-inch cubes. Halve, peel, and dice the **shallots** into ¾-inch pieces. Finely chop the **parsley**, reserving a few leaves for garnish. Halve each **zucchini** lengthwise, then cut into thin half-moons. Zest and halve the **lemon**.



3

2 Cook the couscous: Bring a large pot of **salted water** to a boil. Once boiling, add the **couscous** and cook 8-9 minutes, until al dente. Drain.

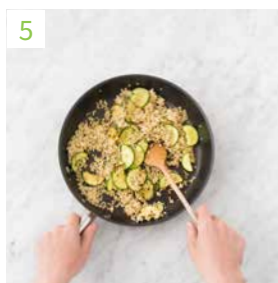
3 Make the skewers: Meanwhile, toss the **beef** in a large bowl with the **peppers, shallots, Southwest seasoning**, and a large drizzle of **olive oil**. Season generously with **salt** and **pepper**. Thread the **beef, peppers**, and **shallots** onto the **skewers**, alternating between each.



4

4 Cook the skewers: Place the **skewers** onto a baking sheet. Place under the broiler for 5-7 minutes, turning halfway through, until lightly charred and cooked to desired doneness.

5 Make the couscous salad: Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add the **zucchini**. Cook, tossing, for 4-5 minutes, until slightly golden. Toss the **couscous, lemon zest**, and **parsley** into the pan. Add a squeeze of **lemon** and a large drizzle of **olive oil**. Season generously with **salt** and **pepper**.



5

6 Finish and serve: Serve the **beef and pepper skewers** on a bed of **zucchini** and **couscous salad**. Garnish with the reserved **parsley leaves** and enjoy!

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