



## Thai beef salad

Hitoe Engelbrekt, KENMORE, WA  
SERVES 4 | 25 MINUTES

Leaves from ½ bunch cilantro  
1 package (4 oz.) sprouts, such as radish or pea  
½ English cucumber, halved lengthwise and sliced thinly  
⅓ cup thinly sliced red onion, rinsed  
2 celery stalks, sliced diagonally  
2 tsp. Thai or Vietnamese fish sauce\*  
3 tbsp. Thai sweet chili sauce\*  
Juice of 1 lime  
1 tbsp. vegetable oil  
½ lb. sirloin steak, sliced thinly  
2 tsp. soy sauce

1. Put cilantro, sprouts, cucumber, onion, and celery in a large bowl. In a small bowl, mix together fish sauce, chili sauce, and lime juice to make dressing. Set both aside.
2. Heat oil in a large frying pan over high heat. Add beef and cook, stirring occasionally, until no longer pink, about 4 minutes. Drizzle beef with soy sauce. Add beef to vegetable mixture, pour dressing over salad, and toss gently to combine.

\*Find in grocery stores' Asian foods aisle.

PER SERVING 224 CAL., 42% (93 CAL.) FROM FAT; 20 G PROTEIN; 11 G FAT (2.9 G SAT.); 11 G CARBO (0.8 G FIBER); 606 MG SODIUM; 56 MG CHOL.

## 4 fast DINNER IDEAS

1 SCATTER shredded fontina and chopped broccolini over pizza dough. Add cracked pepper and bake. Top with arugula dressed with lemon vinaigrette.

2 ROAST Pacific cod pieces, glazed with a soy-miso mixture, in a hot oven. Add snap peas, baby spinach, and green onions to pan. Serve over fresh Asian noodles.

3 SAUTÉ sliced chicken breasts and onions in oil with chili powder and oregano. Serve with warm tortillas, avocado, and shredded lettuce.

4 FRY sliced halloumi cheese in olive oil until browned. Toss butter lettuce, cherry tomatoes, red onions, and chickpeas with a fresh herb dressing. Top with cheese. ■



## Harissa shrimp with couscous, tomatoes, and mint

SERVES 4 | 30 MINUTES

2 tbsp. harissa\*  
¼ cup extra-virgin olive oil, divided  
3 tbsp. lemon juice, divided  
1 tbsp. lemon zest, divided  
1 tsp. ground cumin  
About 1 tsp. kosher salt, divided  
1 lb. shelled and deveined large shrimp (26 to 30 per lb.)  
1 cup couscous  
4 firm-ripe tomatoes, halved  
Chopped fresh mint leaves

1. Heat grill to high (450° to 550°). In a small bowl, combine harissa, 2 tbsp. each oil and lemon juice, 2 tsp. zest, the cumin, and ½ tsp. salt. Put shrimp in a medium bowl, toss with half the sauce (reserve the rest), and let stand 10 minutes. Thread shrimp onto metal skewers.

2. Prepare couscous as package directs, adding remaining 1 tsp. zest. Fluff with a fork and gently stir in 1 tbsp. oil and remaining 1 tbsp. lemon juice and ½ tsp. salt. Set aside.

3. Brush tomatoes with remaining 1 tbsp. oil. Grill shrimp and tomatoes, covered, turning once, until shrimp is opaque and tomatoes are softened, about 4 minutes. Serve with couscous plus a sprinkle of mint, more salt to taste, and remaining sauce. —JESSICA BATTILANA

\*Find this North African chile-and-spice paste in the international section of supermarkets. We like Dea brand, which is medium-hot.

PER SERVING 454 CAL., 33% (148 CAL.) FROM FAT; 30 G PROTEIN; 17 G FAT (2.4 G SAT.); 45 G CARBO (4.3 G FIBER); 662 MG SODIUM; 172 MG CHOL.

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