



Thai beef salad

Hitoe Engelbrekt, KENMORE, WA
SERVES 4 | 25 MINUTES

Leaves from 1/2 bunch cilantro

1 package (4 oz.) sprouts, such as radish or pea
1/2 English cucumber, halved lengthwise and sliced thinly

1/3 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

1/2 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.



Harissa shrimp with couscous, tomatoes, and mint

SERVES 4 | 30 MINUTES

2 tbsp. harissa*

1/4 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 1/2 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 1/2 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.

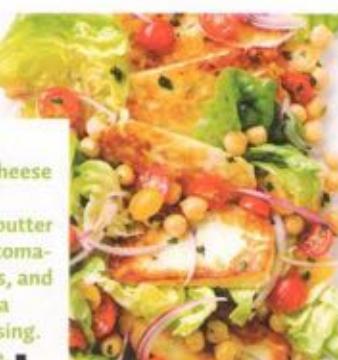
4 fast DINNER IDEAS

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. ■



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