Thai beef salad

Hitoe Engelbrekt, KENMORE, WA

SERVES 4 | 25 MINUTES

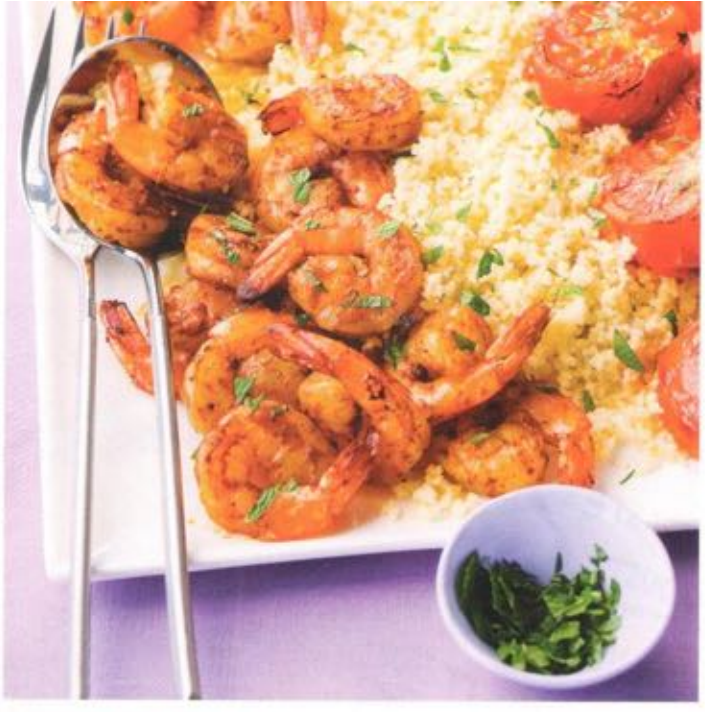
Leaves from ½ bunch cilantro
1 package (4 oz.) sprouts, such as radish or pea
½ English cucumber, halved lengthwise and sliced thinly
⅓ cup thinly sliced red onion, rinsed
2 celery stalks, sliced diagonally
2 tsp. Thai or Vietnamese fish sauce*
3 tbsp. Thai sweet chili sauce*
Juice of 1 lime
1 tbsp.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



Share your ideas and win $100

Have a recipe that uses fresh ingredients and can be made in 30 minutes or less? Let us know! You'll receive $100 for each recipe published. Submit original recipes on *sunset.com/submitrecipe* or send to Fast & Fresh, Sunset magazine, 80 Willow Rd., Menlo Park, CA 94025. Include your name, email, address, and phone number.

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

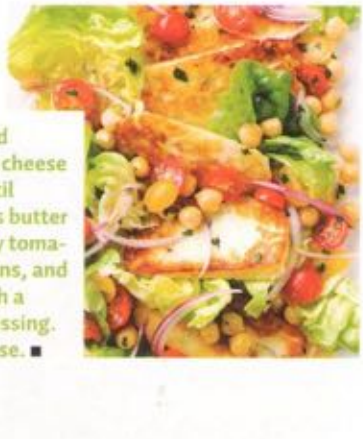
**Find this North African chile-and-spice paste in the international section of supermarkets. We like Dea brand, which is medium-hot.*

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.

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. ■