

2003



*Couscous
and Minced Steak Salad*

Ingredients | Servings 2

- 170 g Couscous
- 350 ml water
- 1 clove of garlic
- 2 Portobello mushrooms, alternatively 100 g button mushrooms
- 2 big tomatoes
- 200 g ground beef steak, minced
- Salt and ground pepper
- 100 g Rucola or parsley, cut into bite-sized pieces
- 1 Tbsp vegetable stock (organic)
- 3 Tbsp olive oil
- 60 g butter

For the marinade:

- 50 g pesto (red or green)
- 1 Tbsp olive oil
- 2 Tbsp white balsamic vinegar

Preparation

1. Pour water in medium pot, add the vegetable stock and bring to a boil. Add the couscous, stir once, then cover with a lid and let simmer for 10–12 min. When tender pour into a sieve and let drain and cool.
 2. Meanwhile dice garlic and tomatoes and cut mushrooms into thin slices.
 3. Heat olive oil. Then add garlic and mushrooms and roast stirring constantly. Season with salt and ground pepper.
 4. Combine pesto, olive oil, balsamic vinegar, salt and ground pepper to a vinaigrette.
 5. Use a big bowl to mix the couscous, the vegetables and the Rucola (or parsley) and season with the vinaigrette.
 6. Season the minced ground beef steak with salt and ground pepper and form thick patties.
 7. Pan-fry the patties in butter until cooked through.
- Serve patties with Couscous salad.

Pro Tip: Using precooked couscous decreases cooking time as according to instructions you only pour hot water over it.

Pro Tip: For a vegan version use falafel instead of meat patties.

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