



Sirloin Skewers with Grilled Vegetable Couscous and Fiery Pepper Sauce

 Dairy Free  Very Healthy

READY IN



71 min.

SERVINGS



6

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon caraway seeds
- ☐ 2 cups couscous uncooked
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 8 ounces eggplant cut lengthwise into 1/2-inch-thick slices
- ☐ 0.5 cup cilantro leaves fresh

- ☐ 4 spring onion trimmed
- ☐ 1.5 teaspoons ground coriander
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 cup beef broth fat-free
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 4 bell pepper red
- ☐ 8 ounces baby squash cut lengthwise into 1/2-inch-thick slices
- ☐ 1.5 pounds beef top sirloin steaks cut into 1-inch cubes
- ☐ 1 cup water
- ☐ 8 ounces zucchini cut lengthwise into 1/2-inch-thick slices

Equipment

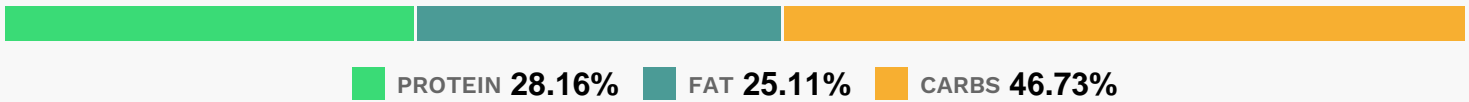
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ blender
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ skewers

Directions

- ☐ Preheat broiler.
- ☐ To prepare pepper sauce, cut the bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place bell pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil for 12 minutes or until blackened.

- ☐ Place in a paper bag, and fold to close tightly.
- ☐ Let stand for 20 minutes. Peel.
- ☐ Place peppers and the next 8 ingredients (through red pepper) in a blender, and process until smooth.
- ☐ Preheat grill to medium-high heat.
- ☐ To prepare couscous, combine 1 cup water, broth, and bay leaf in a medium saucepan; bring to a boil. Stir in couscous; cover.
- ☐ Remove from heat; let stand 10 minutes. Fluff with a fork; discard bay leaf.
- ☐ Arrange eggplant and the next 3 ingredients (though green onions) on grill rack coated with cooking spray; grill 3 minutes on each side or until vegetables are tender and well marked.
- ☐ Remove from heat; coarsely chop vegetables.
- ☐ Combine 1/2 cup pepper sauce, couscous, and chopped vegetables in a large bowl; toss gently. Keep warm.
- ☐ To prepare skewers, thread beef onto 12 (7-inch) skewers. Lightly coat beef with cooking spray, and sprinkle with black pepper and 1/2 teaspoon salt.
- ☐ Place skewers on grill rack coated with cooking spray; grill 8 minutes or until desired degree of doneness, turning once.
- ☐ Serve with couscous mixture and remaining sauce.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:28.76, Inflammation Score:-10, Nutrition Score:33.981304002845%

Flavonoids

Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 506kcal (25.3%), Fat: 14.15g (21.76%), Saturated Fat: 2.92g (18.24%), Carbohydrates: 59.24g (19.75%), Net Carbohydrates: 51.7g (18.8%), Sugar: 6.86g (7.62%), Cholesterol: 66.9mg (22.3%), Sodium: 352.81mg (15.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.71g (71.41%), Vitamin C: 122.04mg (147.92%), Vitamin A: 6815.24IU (136.3%), Vitamin B6: 1.18mg (58.78%), Vitamin B3: 11.12mg (55.6%), Selenium: 35.68µg (50.97%), Manganese: 0.87mg (43.32%), Phosphorus: 404.44mg (40.44%), Zinc: 5.56mg (37.1%), Vitamin K: 35.22µg (33.55%), Potassium: 1127.29mg (32.21%), Fiber: 7.54g (30.14%), Vitamin E: 3.75mg (24.97%), Folate: 97.99µg (24.5%), Magnesium: 93.32mg (23.33%), Iron: 3.98mg (22.12%), Vitamin B5: 2.07mg (20.73%), Vitamin B1: 0.3mg (20.28%), Vitamin B2: 0.32mg (18.89%), Vitamin B12: 1.07µg (17.77%), Copper: 0.35mg (17.71%), Calcium: 91.58mg (9.16%)