

Moroccan Steak with Quick Lemon Couscous

Close your eyes, open up the ras-el-hanout and inhale deeply. You are no longer standing in your kitchen. Around you are the sounds of a bustling market. Robed men sell ornate carpets and a camel nibbles affectionately at your ear. OK, we're pretty sure Paul McKenna's job is safe for now, but get cooking this recipe and take dinner time on a magic carpet ride to Casablanca!



30 mins



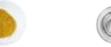




Flank Steak



Ras-el-Hanout (1½ tsp)



Water



Vegetable Stock Pot



Garlic Clove (2)



Spring Onion (2)





Couscous (¾ cup)



Coriander (½ bunch)



Baby Spinach (2 handfuls)



Lemon (1/2)

2 PEOPLE INGREDIENTS

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· Ras-el-Hanout

Water

Vegetable Stock Pot

• Garlic Clove, chopped

Spring Onion, chopped

 Carrot, sliced 11/2 tsp

• Red Pepper, sliced

 Couscous 3/4 cup • Coriander, chopped ½ bunch

Baby Spinach

Lemon

2 handfuls

Our fruit and veggies may need a little wash before cooking!

Did you know...

Flank steak comes from a strong, well-exercised part of the cow, therefore it is best sliced against the grain before serving, to maximise tenderness.

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains sulphites), Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

Allergens: Celery, Sulphites, Gluten.

Nutrition as per prepared and listed ingredients •

	Energy					Protein	Salt
Per serving	553 kcal / 2338 kJ	9 g	4 g	64 g	10 g	52 g	3 g

250ml

2

2



Rub the **steak** with the **ras-el-hanout** spice and allow it to come to room temperature.

Add the water (stated in the ingredient list) to a pot with the vegetable stock pot and bring to the boil. Peel and finely chop the garlic. Finely chop the spring **onion** (including the green parts). Peel the **carrot** and slice into rounds as thinly as possible. Cut the red pepper in half, remove the stalk and seeds and slice thinly into strips.



Remove your pot of **stock** from the heat and add the **couscous**. Cover and set aside.

4 Meanwhile, put a frying pan on medium heat and add a splash of **olive oil**. Once hot, cook your garlic, spring onion, carrot, and red pepper for 4-5 mins until softened slightly.



Season each **steak** on both sides with **salt** and **pepper**. Heat another frying pan over medium-high heat and add a splash of **olive oil**. When the pan is hot, add your **steak** and sear on each side for 2-3 mins until nicely coloured. **Tip:** *This cooks your* steak medium-rare. If you like your steak well-done, cook it for an additional 3 mins on each side. Remove your **steak** from the pan and set aside.

Whilst your steak is searing, roughly chop the **coriander** and add three-quarters of it to the pan with your vegetables. Remove from the heat, add the baby spinach and a splash of **olive oil**. Fold everything together. When your **couscous** has fully soaked up all the water, add that to the pan as well and stir to combine.





Slice each steak, on the diagonal, into 1cm strips and serve with your couscous and vegetable mix. Garnish with your remaining coriander.