







More Than Food
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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



lactose free



healthy



Flank Steak
(2)



Ras-el-Hanout (1½ tsp)



Water
(250ml)



Vegetable Stock Pot
(½)



Garlic Clove
(2)



Spring Onion
(2)



Carrot
(1)



Red Pepper
(1)



Couscous (¾ cup)



Coriander
(½ bunch)



Baby Spinach
(2 handfuls)



Lemon
(½)

2 PEOPLE INGREDIENTS

- Flank Steak
- Ras-el-Hanout
- Water
- Vegetable Stock Pot
- Garlic Clove, chopped
- Spring Onion, chopped

2
1½ tsp
250ml
½
2
2

- Carrot, sliced
- Red Pepper, sliced
- Couscous
- Coriander, chopped
- Baby Spinach
- Lemon

1
1
¾ cup
½ bunch
2 handfuls
½

🌱 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.

Allergens: Celery, Sulphites, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	553 kcal / 2338 kJ	9 g	4 g	64 g	10 g	52 g	3 g

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.

4



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

2 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.

5



3 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.

6



5 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.

6 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.

7 Grate in the **zest** of the **lemon** and squeeze in some of its **juice**.

8



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

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!