



JAN  
2017

## Moroccan Steak

with Quick Lemon Couscous

We're so excited for this delicious steak dinner! Served with a veggie-packed couscous side dish, it'll be like taking a trip to Morocco without ever leaving your home.



Sirloin Steak



Carrot



Red Bell Pepper



Spinach



Green Onion



Cilantro



Lemon



Couscous



Garlic




Moroccan Spice Blend



Vegetable Broth Concentrate

## Ingredients

	2 People	4 People	
Sirloin Steak	1 pkg (340 g)	2 pkg (680 g)	
Carrot	1	2	
Red Bell Pepper	1	2	
Spinach	1 pkg (113 g)	2 pkg (227 g)	
Green Onion	1)	4	
Cilantro	2)	1 pkg (7 g)	2 pkg (14 g)
Lemon	1	2	
Couscous	1 pkg (113 g)	2 pkg (227 g)	
Garlic	1 pkg (10 g)	2 pkg (20 g)	
Moroccan Spice Blend	1 pkg (1 tbsp)	2 pkg (2 tbsp)	
Vegetable Broth Concentrate	1)	1 pkg	2 pkg
Cayenne 	1)	1 pkg (1 tsp)	1 pkg (1 tsp)
Olive or Canola Oil*			

\*Not Included

## Allergens

1) Wheat/Blé

## Tools

Large Bowl, Large Non-Stick Pan, Kettle, Zester, Measuring Spoons, Measuring Cups

Ruler

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**Nutrition per person** Calories: 820 cal | Fat: 30 g | Protein: 65 g | Carbs: 44 g | Fiber: 20 g | Sodium: 515 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



**1 Prep: Wash and dry all produce.** Bring a kettle of **water** to a boil. Core, then thinly slice the **red pepper**. Slice the **carrot** into 1/4-inch rounds. Mince or grate the **garlic**. Roughly chop the **cilantro** and **green onion**. Zest, then juice the **lemons**.

**2** Combine the **couscous** and **broth concentrate** in a large bowl. Stir in **3/4 cups boiling water** (double for 4 people.) Cover with a lid and let stand for 5 min.

**3 Cook the veggies:** Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **red pepper** and **carrot**. Cook until tender-crisp, 4-5 min. Add the **garlic** and **half the green onion**. Cook until fragrant, 1 min. Toss in the **spinach** and cook until wilted, 1-2 min. Transfer the veggies to bowl with the **couscous**. Cover to keep warm.

**4 Cook the steak:** Turn the pan up to medium-high heat. Season the **steak** with **1 tbsp spice blend** (double for 4 people), **salt** and **pepper**. Add a drizzle of **oil**, then the steak. Pan-fry until cooked to desired doneness, 4-7 min per side. (**TIP:** Inserting a thermometer into a medium steak should display an internal temperature of 160°F.)

**5 Mix the couscous:** Stir the **veggies** into the **couscous** along with a drizzle of **oil**, **lemon zest** and **half the lemon juice**. (**TIP:** Add more lemon juice, 1 tsp at a time, if you prefer a tangy-er salad!) Season with **salt** and **pepper**.

**6 Finish and serve:** Slice the **steak** against the grain. Serve alongside **couscous**. Sprinkle with **cilantro** and **remaining green onion**. Enjoy!

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