



Moroccan Steak

with Lemon Couscous



HELLO COUSCOUS

Not a grain but tiny balls of dough made by sprinkling water on flour, raking it through and sieving!



Rump Steak



Ras-el-Hanout



Water



Vegetable Stock Pot



Couscous



Garlic Clove



Spring Onion



Carrot



Red Pepper



Flat Leaf Parsley



Baby Spinach



Lemon

30 mins

2.5 of your 5 a day

Very Hot

Close your eyes, open up the ras-el-hanout and inhale deeply. Let the scent of the spices take you on a magic carpet ride to the bustling markets of Marrakech! Don't forget to come back again or dinner will never be ready! Our tip for this recipe is to take the meat out of the fridge at least half an hour before you start. This will allow it to cook more evenly.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Measuring Jug**, **Fine Grater** (or **Garlic Press**), **Peeler**, **Frying Pan** and some **Kitchen Paper**. Now, let's get cooking!



1 PREP THE STEAK

Rub the **steak** with half the **ras-el-hanout** and a splash of **oil**, and allow it to come to room temperature. Bring a large saucepan of **water** (amount specified in the ingredient list) to the boil and add the **vegetable stock pot**. Once boiling, remove the **stock** from the heat, and add the **couscous**, pop a lid and set aside.



2 PREP THE VEGGIES

Peel and grate the **garlic** (or use a garlic press). Remove the root from the **spring onion** and thinly slice (including the green parts). Peel the **carrot** and remove the top and bottom, then cut into thin rounds. Halve and remove the core from the **red pepper** then slice into thin strips.



3 COOK THE VEGGIES

Heat a splash of **oil** in a frying pan on medium heat. Once hot, add the **carrot** and cook until slightly soft, 5 mins. Add the **spring onion** and **pepper**, stir and cook 4-5 mins. Lastly add the **garlic** and remaining **ras-el-hanout**. Stir and cook for 1 minute. Transfer the veggies to a plate and set aside. Wipe the pan clean with kitchen paper.



4 FRY THE STEAK

Season each **steak** on both sides with **salt** and **black pepper**. Put your (now empty) frying pan on high heat and add a splash of **oil**. When the pan is very hot, add the **steak** and sear until nicely coloured, 2-3 mins each side. **★ TIP:** *This cooks the steak medium-rare. If you like your steak well done, cook it for an additional 3 mins on each side.* Remove the **steak** from the pan and set aside to rest.



5 MIX THE COUSCOUS

Whilst the **steak** is resting, roughly chop the **flat leaf parsley** (stalks and all). Fluff up the **couscous** with a fork. Add the **veggies** and three-quarters of the **parsley** along with the **baby spinach** and stir to combine. Taste and add a pinch of **salt** and grind of **black pepper** if you like.



6 SERVE AND ENJOY!

Grate the zest of the **lemon** into the **couscous** and squeeze in some of its **juice**. Taste and add more **juice** if necessary. Slice each **steak** diagonally, against the grain, into 1cm strips. Serve with the **lemon couscous**, garnished with the remaining **parsley**. **Time to eat!**

2 PEOPLE INGREDIENTS

Rump Steak	2
Ras-el-Hanout	1½ tsp
Water*	300ml
Vegetable Stock Pot 9) 12)	1
Couscous 1)	150g
Garlic Clove, grated	2
Spring Onion, sliced	2
Carrot, sliced	1
Red Pepper, sliced	1
Flat Leaf Parsley, chopped	½ bunch
Baby Spinach	½ bag
Lemon	½

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	560	119
(kJ)	2376	505
Fat (g)	14	3
Sat. Fat (g)	5	1
Carbohydrate (g)	69	15
Sugars (g)	16	3
Protein (g)	39	8
Salt (g)	2.70	0.60

ALLERGENS

1)Gluten 9)Celery 12)Sulphites

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.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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