





More Than Food
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Moroccan Steak with Quick Lemon Couscous

Close your eyes, open up your Ras el Hanout and inhale deeply. You are no longer standing in your kitchen. Around you are the sounds of a bustling market. 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! Our tip is to take your meat out of the fridge at least 30 mins before dinner.

 30 mins

 lactose free



Flank Steak (2)



Ras el Hanout (1/2 tsp)



Vegetable Stock Pot (1/2)



Garlic Clove (2)



Spring Onion (2)



Carrot (1)



Red Pepper (1)



Couscous (3/4 cup)



Coriander (3 tbsp)




Baby Spinach (2 handfuls)



Lemon (1/2)

Ingredients

	2 PEOPLE	ALLERGENS
Flank Steak	2	
Ras el Hanout	½ tbsp	
Vegetable Stock Pot	½	Celery
Garlic Clove, sliced	2	
Spring Onion, sliced	2	
Carrot, sliced	1	
Red Pepper, sliced	1	
Couscous	¾ cup	Gluten
Coriander, chopped	3 tbsp	
Baby Spinach	2 handfuls	
Lemon	½	

 Our fruit and veggies come fresh from the farm so give them a little wash before using

Nutrition per serving: Calories: 637 kcal | Protein: 40 g | Carbs: 78 g | Fat: 10 g | Saturated Fat: 4 g

4



1 Rub the steak with the Ras el Hanout spice and allow it to come to room temperature.

steak from the pan and set to the side.

5



2 Add 250ml of water to a pot with half your stock pot, bring to the boil and peel and thinly slice the garlic. Thinly slice the spring onion (including the green part). Peel the carrot and slice into rounds as thinly as possible. Cut the red pepper in half, remove the stem and seeds and slice thinly into strips.

6 Whilst the steak is searing, coarsely chop your coriander and add three quarters of it to the pan with the vegetables. Remove from the heat, add the baby spinach and 2 tsp of olive oil. Fold everything together. When the couscous has fully soaked up all the water, add that to the pan as well and stir to combine.

6



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

7 Grate in the zest of half your lemon and squeeze in 1 tbsp of its juice.

8



4 Meanwhile, put a pan on medium heat and add 1 tsp of olive oil. Once hot, cook the garlic, carrot, spring onion and red pepper for 4-5 mins until softened slightly.

8 Slice the steak, on the diagonal, into 1cm strips and serve with the couscous and veg mix. Garnish with more fresh coriander.

5 Season the steak on both sides with salt and pepper. Heat another large frying pan over medium-high heat and add 1 tsp of olive oil. When the pan is hot, add the steak and sear on each side for 2-3 mins until nicely coloured. Remove the