



**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! Our tip for this recipe is to take your meat out of the fridge at least 30 mins before dinner which will allow you to cook it more evenly.

30 mins

family box

lactose free

healthy



Flank Steak (1)



Ras-el-Hanout (1 tbsp)



Vegetable Stock Pot (1)



Garlic Clove (3)



Spring Onion (3)



Carrot (2)



Red Pepper (2)



Couscous (1½ cups)



Coriander (5 tbsp)



Baby Spinach  
(4 handfuls)




Lemon (1)

## Ingredients

4 PEOPLE ALLERGENS

Flank Steak	1	
Ras-el-Hanout	1 tbsp	
Vegetable Stock Pot	1	Celery, Sulphites
Garlic Clove, chopped	3	
Spring Onion, chopped	3	
Carrot, sliced	2	
Red Pepper, sliced	2	
Couscous	1½ cups	Gluten
Coriander, chopped	5 tbsp	
Baby Spinach	4 handfuls	
Lemon	1	

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

LH Step for little hands

### Did you know...

We think of carrots as orange, but they can also be white, yellow, red and purple.

**Nutrition per serving:** Calories: 433 kcal | Protein: 41 g | Carbs: 33 g | Fat: 15 g | Saturated Fat: 6 g



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

**2** Add 500ml of **water** to a pot with the **vegetable stock pot** and bring to the boil. Peel and finely chop the **garlic**. Finely chop the **spring onions** (including the green parts). Peel the **carrots** and slice into rounds as thinly as possible. Cut the **red peppers** in half, remove the stems and seeds and slice thinly into strips.

**3** Remove the 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 2 tsp of **olive oil**. Once hot, cook the **garlic**, **spring onion**, **carrot**, and **red peppers** for 4-5 mins until softened slightly.

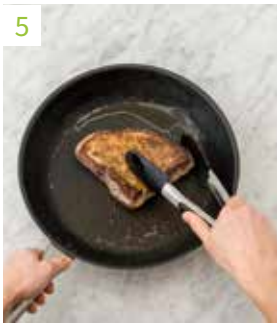
**5** Season the **steak** on both sides with **salt** and **pepper**. Heat another large frying pan over medium-high heat and add 2 tsp of **olive oil**. When the pan is hot, add the **steak** and sear on each side for 2-3 mins until nicely coloured. **Tip:** This cooks your steak medium-rare. If you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

side. Remove the **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 the vegetables. Remove from the heat, add the **baby spinach** and 4 tbsp 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.

**7** Grate in the zest of half the **lemon** and squeeze in 2 tbsp of its juice.

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



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