



### Product Spotlight: Sumac

Our custom spice mix for this meal includes sumac. This is a ground spice made from dried berries of the sumac plant, commonly used in Middle Eastern, Mediterranean and North African cuisines! It adds a citrus-like flavour to salads, meats or vegetables.



## Sumac Steaks

### with Pomegranate Pearl Couscous

Seared beef steaks flavoured with our custom sumac spice mix, served with cumin pearl couscous, seasonal pomegranate seeds and fresh rocket leaves on top of a lemon yoghurt dressing.



35 minutes



2 servings



Beef

## Switch it up!

*Serve all the components with roasted veggies such as pumpkin or sweet potato, farro, risotto or quinoa instead!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	22g	63g

## FROM YOUR BOX

LEMON	1
NATURAL YOGHURT	1 tub
SUMAC SPICE MIX	1 tub
BROWN ONION	1
GARLIC CLOVE	1
PEARL COUSCOUS	150g
BEEF STEAKS	300g
POMEGRANATE	1
ROCKET LEAVES	120g

## FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt, pepper, ground cumin

## KEY UTENSILS

pan x 2

## NOTES

Another way to release the pomegranate seeds is to break the fruit apart (once cut in half) in a bowl of water. Remove white flesh and drain.

**No gluten option – pearl couscous is replaced with 100g quinoa.** Cook in boiling water for 10–15 minutes. Drain and press into sieve to remove excess water. Combine 1/2 lemon juice, 1 tsp cumin and 1 tbsp olive oil to dress quinoa.

*Sumac spice mix: sumac, smoked paprika, ground cumin and ground coriander.*



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### 1. MAKE THE LEMON YOGHURT

Zest **lemon** to yield 1 tsp. Combine with **yoghurt**, **1 tbsp olive oil**, 1 tsp **sumac spice** mix, **salt and pepper**. Set aside in the fridge until serving.



### 2. SAUTÉ THE AROMATICS

Heat a pan with **oil/butter** over medium-high heat. Peel and finely chop **onion** and crush **garlic**. Add to the pan with **1 tsp cumin**. Cook for 3 minutes or until softened.



### 3. SIMMER THE COUSCOUS

Stir in **pearl couscous** and **1 1/4 cup water**. Simmer, covered, for 6–8 minutes or until couscous is cooked al dente, stir occasionally. Add juice from **1/2 lemon** and wedge remaining for serving.



### 4. COOK THE STEAKS

Coat **steaks** in **oil**, remaining sumac spice mix, **salt and pepper**. Heat a griddle or frypan over medium-high heat and cook steaks for 3 minutes on each side or until cooked to your liking. Set aside to rest.



### 5. PREPARE THE POMEGRANATE

Roll **pomegranate** on bench to release the seeds. Cut in half horizontally. Hold the cut half over a bowl and tap the seeds out (see notes).



### 6. FINISH AND SERVE

Smear yoghurt dressing onto plates. Layer **rocket leaves** and couscous on top and sprinkle with pomegranate seeds. Slice and serve with steaks and lemon wedges.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

