

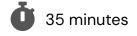


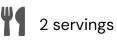


Sumac Steaks

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.







Switch it up!

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

PROTEIN TOTAL FAT CARBOHYDRATES

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 mediumhigh 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



