



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

Searred 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** 40g **TOTAL FAT** 19g **CARBOHYDRATES** 61g

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	1 bag

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 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



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**.



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