



**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 4/6 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
4/6 Person:	46g	24g/28g	61g/64g

FROM YOUR BOX

	4 PERSON	6 PERSON
LEMON	1	2
FETA CHEESE	1 packet	1 packet
NATURAL YOGHURT	1 tub	2 tubs
SUMAC SPICE MIX	1 tub	2 tubs
BROWN ONION	1	1
GARLIC CLOVE	1	2
PEARL COUSCOUS	300g	300g + 150g
BEEF STEAKS	600g	600g + 300g
POMEGRANATE	1	1
ROCKET LEAVES	1 bag	2 bags

FROM YOUR PANTRY

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

KEY UTENSILS

stick mixer, large 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. WHIP THE FETA

Zest the **whole lemon**. Add to a jug with **crumbled feta, yoghurt** and **1 tsp sumac spice mix**. Blend, using a stick mixer until smooth. Season with **pepper** and set aside in the fridge until serving.

6P – zest 1 lemon. Add to a jug with crumbled feta, yoghurt and 2 tsp sumac spice mix.



2. SAUTÉ THE AROMATICS

Heat a large pan with **oil/butter** over medium–high heat. Peel and finely chop **onion** and crush **garlic**. Add to the pan with **2 tsp cumin**. Cook for 3 minutes or until softened.

6P – add 3 tsp cumin.



3. SIMMER THE COUSCOUS

Stir in **pearl couscous** and **2 1/2 cups 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.

6P – 3 3/4 cups water and juice from 1 lemon. Wedge remaining for serving.



4. COOK THE STEAKS

Coat steaks in **oil, remaining sumac spice mix, salt and pepper**. Heat a large 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 **whipped feta** 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

