



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Parsley

The flat leaf parsley is also known as Italian parsley. It has a stronger flavour than the curly parsley and is also a natural breath freshener!



2 Cumin Beef Steaks with Pearl Couscous

A Mediterranean inspired pearl couscous salad with roast capsicums, cucumber and parsley, served alongside cumin beef steaks.

 20 minutes

 2 servings




 Beef

17 December 2021

Switch it up!

You can stir some yoghurt or sour cream through the pearl couscous for a creamier finish, or if you're not a fan of harissa you can dress the salad with some pesto or balsamic vinegar!

FROM YOUR BOX

PEARL COUSCOUS	150g
BEEF STEAKS 	300g
HARISSA PASTE	1 sachet
LEBANESE CUCUMBER	1
PARSLEY	1 bunch
ROAST CAPSICUM STRIPS	1 tub (100g)
 CHICKPEAS	1 packet
 FETA CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, honey or maple syrup, ground cumin

KEY UTENSILS


frypan/griddle pan or BBQ, saucepan

NOTES

The harissa paste is mild in spice, however if you're unsure, you can use 1/2 the paste and taste first before using the whole amount.

No beef option – beef steaks are replaced with chicken schnitzels. Increase cooking time to 4–5 minutes or until cooked through.

No gluten option – pearl couscous is replaced with brown rice. Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15 minutes or until tender. Drain, rinse and toss through salad in step 5.

 **VEG OPTION – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.**



1. COOK PEARL COUSCOUS


Bring a saucepan with water to the boil. Add pearl couscous and cook for 8 minutes or until tender but still firm. Drain and rinse in cold water.

 **VEG OPTION – Cook pearl couscous as above. Drain chickpeas and pat dry.**



2. COOK THE STEAKS

Heat a frypan, griddle pan or BBQ over medium-high heat. Coat steaks with **1/2 tbsp cumin, oil, salt and pepper**. Cook for 2–4 minutes each side or to your liking. Set aside to rest.

 **VEG OPTION – Add chickpeas to a frypan with 1/2 tbsp cumin, oil, salt and pepper. Cook for 10 minutes until crispy.**




3. PREPARE THE DRESSING

Whisk together harissa paste (see notes), **1/2 tbsp olive oil, 1/2 tbsp water and 1 tsp honey or maple syrup** in a large salad bowl.



4. PREPARE THE SALAD


Dice cucumber and chop parsley. Drain and rinse capsicum strips, add all to the bowl as you go.

 **VEG OPTION – Prepare salad as above and toss through with chickpeas and pearl couscous.**



5. FINISH AND SERVE

Toss all together with dressing and cooked pearl couscous. Season with **salt and pepper**. Slice steaks and serve with pearl couscous salad.

 **VEG OPTION – Crumble feta cheese on top of salad and divide among bowls to serve.**

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**

