

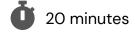




Cumin Beef Steaks

with Pearl Couscous

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





2 servings



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

Switch it up!

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)
ROAST CAPSICUM STRIPS CHICKPEAS	1 tub (100g) 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.



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.



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.



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.



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.

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



