

MARLEY SPOON



Zaatar Beef

with Smoky Couscous



30-40min



2 Portions

Zaatar is a middle eastern spice blend made up of dried thyme, sesame seeds and sumac. It's traditionally served with just bread and olive oil for dipping, but it also makes a wonderful rub for meat, chicken and seafood, as we have done here. And following the middle eastern theme, we've teamed it with a lovely and smoky couscous salad... enjoy!

What we send

- baby spinach leaves
- pitted dates
- dried chilli flakes
- orange
- coriander
- zaatar ¹¹
- lemon
- smoked paprika
- couscous ¹
- chicken stock powder
- onion
- grass-fed beef flank steak

What you'll require

- extra virgin olive oil
- Australian honey
- salt and pepper

Utensils

- chargrill or frypan
 - grater
 - Kettle
 - medium frypan
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 765.0kcal, Fat 23.0g, Proteins 43.4g, Carbs 89.2g



1. Prepare beef

Bring a kettle to the boil. Zest the **orange** and place in a bowl. Stir in 1 tbs **oil**, 2 tsp **honey**, **zaatar** and **dried chilli flakes** to taste (be careful as chilli is hot!). Season with **sea salt and pepper**. Add the **beef** and rub all over to coat well.



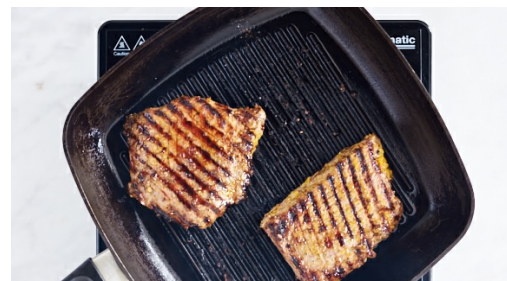
4. Cook couscous

Heat 1 tbs **oil** in the same frypan over medium heat. Cook the **onion** and 2 tsp **paprika** for 5 mins or until softened. Add the **couscous**, **orange juice** and **stock**. Remove from the heat, cover and stand for 10 mins.



2. Prepare ingredients

Finely chop the **onion**. Squeeze the **orange juice** into a bowl. Make up 150ml of chicken stock using ½ tsp of the **stock powder** and boiling water.



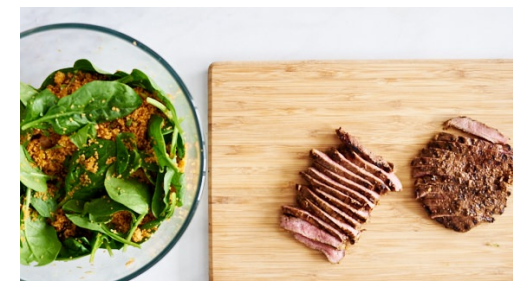
5. Cook beef

Meanwhile, heat a chargrill pan over high heat. Cook the **beef** for 1-2 mins each side (it's best served rare) and rest for 5 mins before thinly slicing across the grain.



3. Toast couscous

Place the **couscous** in a medium frypan and cook over medium heat stirring, for 5 mins or until the grains are golden. Remove from the heat and transfer to a heatproof bowl.



6. Finish couscous

Zest the **lemon** and squeeze half the juice (reserve remaining half) into a bowl. Chop the **dates** and finely chop the **coriander** leaves and stems. Stir the lemon zest, juice, dates, **baby spinach** and coriander through the **couscous** and serve with the **beef**.