

DINNERLY



Middle Eastern Beef Salad with Fragrant Couscous



20-30 minutes



2 Servings

Do we have an 'E' for Easy and an 'RD' for Ridiculously Delicious? Yes and yes. You won't believe how simply this comes together, nor how amazing it tastes.

WHAT WE SEND

- 150g cous cous ¹
- 1 red onion
- 10g chermoula spice blend ¹⁷
- 100g rocket leaves
- 1 tomato
- beef stir-fry

WHAT YOU NEED

- balsamic vinegar ¹⁷
- garlic clove
- olive oil
- salt and pepper
- water

TOOLS

- large frypan

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

You won't use all the chermoula spice blend in this dish. For an indulgence or special occasion, stir 15g of butter through the cooked couscous.

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 670kcal, Fat 22.3g, Carbs 59.5g, Proteins 54.1g



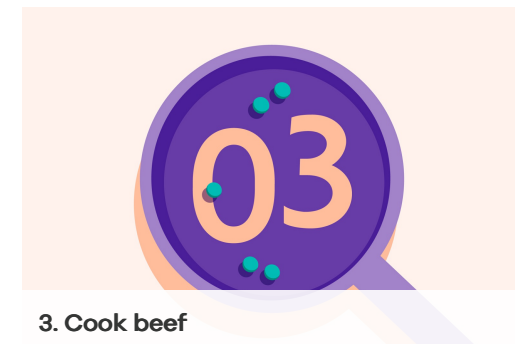
1. Marinate beef

Crush or finely chop 1 **garlic clove**. Thinly slice the **onion** into rings. Cut the **tomato** into 1cm pieces. Put the **beef** and 2 **tsp chermoula spice blend** in a bowl, season with **salt and pepper** and stir well to coat.



2. Cook couscous

Put the **couscous** and 1 **tsp chermoula spice blend** in a heatproof bowl and season with **salt and pepper**. Pour over 150ml **boiling water**, cover with a plate or plastic wrap and stand for 5 mins.



3. Cook beef

Meanwhile, heat 2 **tsp olive oil** in a medium frypan over medium heat. Stir-fry the **onion** and ¼ **tsp chermoula spice blend** (see cooking tip) for 5 mins or until soft. Remove from the pan. Heat 2 **tsp olive oil** over high heat and stir-fry **beef** for 2 mins or until golden. Add the **garlic** and stir well to combine, then remove pan from the heat.



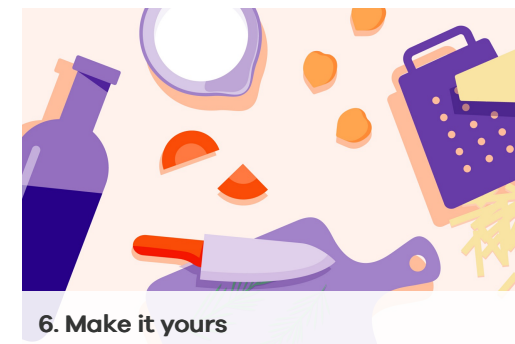
4. Combine fragrant couscous

Fluff the **couscous** with a fork, then stir through the **spiced onion** and **tomatoes**.



5. Serve up

Put 1 **tbs olive oil** and 2 **tsp balsamic vinegar** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **rocket** and toss to coat. Divide the **couscous**, **rocket salad** and **chermoula beef** among plates and drizzle with any pan juices to serve.



6. Make it yours

If you have raisins, stir a small handful through the couscous with the onions for even more Middle Eastern flavour.