

# DINNERLY



## Middle Eastern Beef Salad with Fragrant Couscous



20-30 minutes



4 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

- 2 tomatoes
- 20g chermoula spice blend <sup>17</sup>
- 200g rocket leaves
- 1 red onion
- 300g cous cous <sup>1</sup>
- beef stir-fry

## WHAT YOU NEED

- balsamic vinegar <sup>17</sup>
- 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

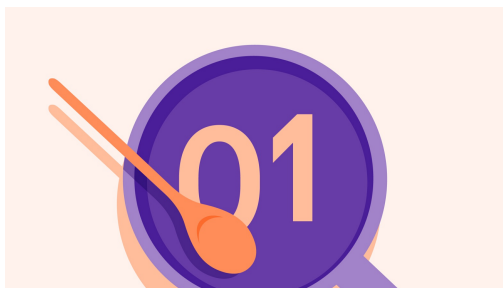
You won't use all the chermoula spice blend in this dish. For an indulgence or special occasion, stir 30g of butter through the cooked couscous.

## ALLERGENS

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

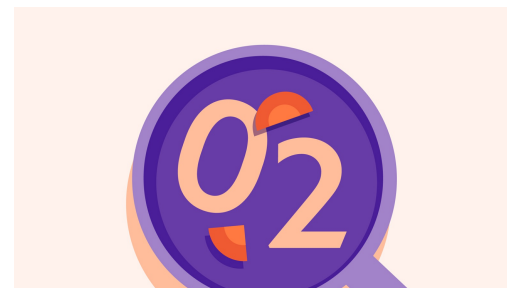
## NUTRITION PER SERVING

Energy 670kcal, Fat 22.3g, Carbs 59.6g, Proteins 54.1g



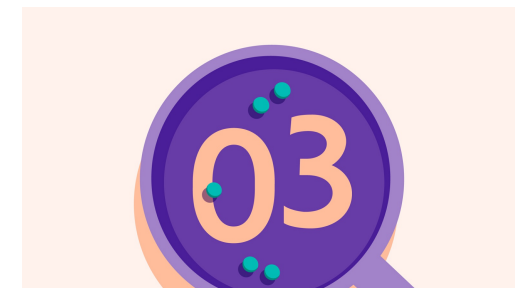
### 1. Marinate beef

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



### 2. Cook couscous

Put the **couscous** and **2 tsp chermoula spice blend** in a heatproof bowl and season with **salt and pepper**. Pour over **250ml (1 cup) boiling water**, cover with a plate or plastic wrap and stand for 5 mins.



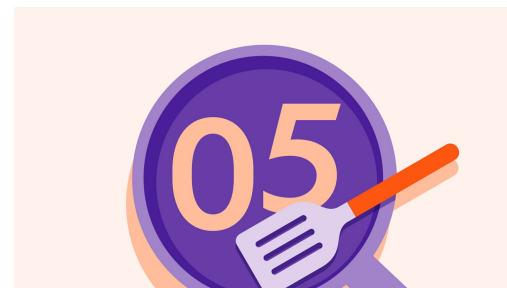
### 3. Cook beef

Meanwhile, heat **1 tbs olive oil** in a large frypan over medium heat. Stir-fry the **onion** and **½ tsp chermoula spice blend** (see cooking tip) for 5 mins or until soft. Remove from the pan. Heat **1 tbs 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 **2 tbs olive oil** and **1 tbs 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 handful through the couscous with the onions for even more Middle Eastern flavour.