

MARLEY SPOON



Warm Moroccan Beef Salad

with Tomato, Zucchini and Croutons



20-30min



2 Portions

Beef sizzling, bread toasting, aromas of ras el hanout spice blend and the fresh hit of lemon in the air... this dish will transport you straight to the souks of northern Africa. Known for its vibrant flavours and reliance on seasonal ingredients, Morocco is the inspo for this delicious warm salad that's perfect for summer feasting.

What we send

- 1,17
- 1,6
- parsley
- 1 garlic clove

What you'll require

- extra virgin olive oil
- olive oil
- sea salt and pepper

Utensils

- large frypan
- medium frypan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

The beef stir-fry is best with hot and fast cooking, so get your pan hot and ensure you adhere to the cooking times.

Allergens

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 625kcal, Fat 33.0g, Carbs 30.4g, Proteins 47.4g



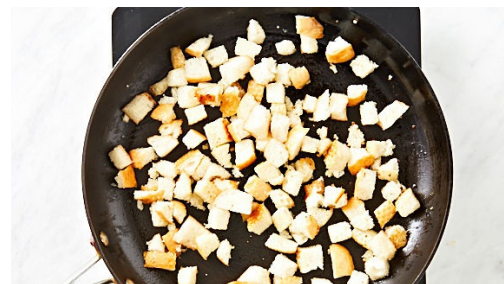
1. Prepare ingredients

Put the **ras el hanout** and **2 tsp olive oil** in a bowl, season with **salt and pepper** and stir to combine. Separate the **beef stir-fry** and pat dry, add to the bowl and stir to coat. Finely chop the **shallot**. Trim and cut the **zucchini** into 2cm chunks. Coarsely chop **tomatoes**. Crush or finely chop the **garlic**. Finely chop the **parsley**, including the stems.



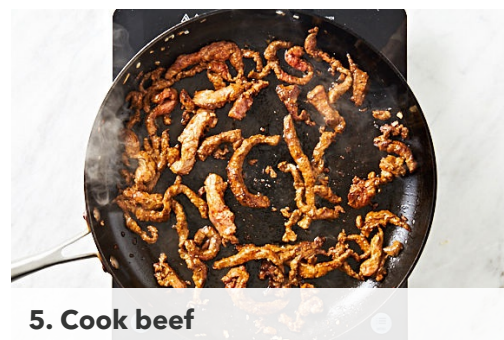
4. Cook zucchini

Heat **2 tsp olive oil** in a large frypan over medium-high heat. Add the **shallot** and **zucchini**, season with **salt and pepper** and cook, stirring, for 2 mins or until the zucchini is tender. Transfer to a large bowl and keep warm.



2. Make croutons

Tear or cut the **bread** into 1cm chunks. Put **1 tbs olive oil** and **garlic** in a large bowl, add the bread and toss to coat well. Heat a medium frypan over medium-high heat. Toast the bread, tossing, for 6-8 mins until crisp and golden.



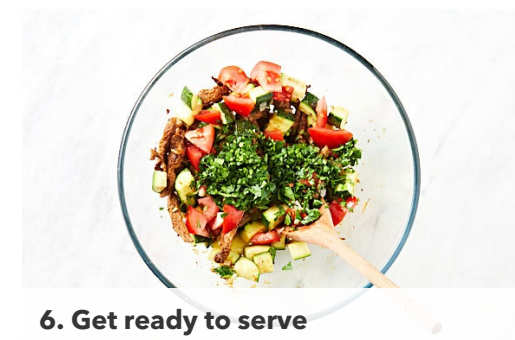
5. Cook beef

Return the pan to high heat. Cook the **beef** for 1-2 mins each side until well browned (see cooking tip). Add the beef to the vegetables.



3. Prepare dressing

Meanwhile, finely grate the zest of **half the lemon**, then juice the half (the remaining half won't be used in this dish). Put the **lemon zest**, **2 tsp lemon juice** and **1 tbs extra virgin olive oil** in a bowl, season with **salt and pepper** and stir to combine.



6. Get ready to serve

Add the **tomato**, **parsley** and **dressing** to the **beef mixture** and stir to combine. Add the **croutons** and gently stir to combine. Divide the warm **beef salad** among plates to serve.