

MARLEY SPOON



Fast Spiced Minute Steaks

with Moroccan Carrot Salad



20-30min



2 Portions

Sweetened with raisins and honey, crunchy with seeds and raw veggies, and lightly spiced with cumin and coriander, this dish follows Moroccan flavour ways, but has a relaxed, summery, Oz vibe too. Even the kids will be on board with this one; what's not to love about juicy minute steaks and carrot salad?

What we send

What you'll require

- extra virgin olive oil
- Australian honey
- olive oil
- sea salt and pepper
- white vinegar

Utensils

- box grater
- medium frypan

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

Cooking tip

As the garlic in the dressing is raw, it is quite strong, add all of it if you like the flavour. ~ Use a food processor to grate the carrot to save time, if you prefer.

Allergens

May contain traces of allergenic ingredients.

Nutrition per serving

Energy 620kcal, Fat 32.5g, Carbs 30.8g, Proteins 45.3g



1. Marinate steak

Crush or finely chop the **garlic**. Drizzle the **steak** with **2 tsp olive oil**, then rub with **1 tsp cumin and coriander spice blend** (the remaining spice blend won't be used in this dish) and **half the garlic**. Season with **salt and pepper** and set aside.



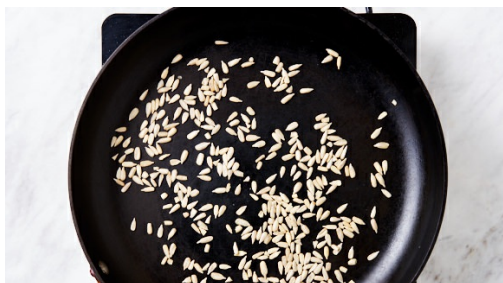
2. Make dressing

Put **half the remaining garlic** (the remaining garlic won't be used in this dish, see cooking tip), **1 ½ tbs extra virgin olive oil**, **3 tsp white wine vinegar**, **½ tsp honey** in a bowl, season with **salt and pepper** and whisk to combine. Add the **raisins** and set aside.



3. Prepare ingredients

Peel and coarsely grate the **carrots** (see cooking tip). Finely chop **half the onion** (the remaining onion won't be used in this dish). Finely chop the **parsley** leaves, discarding the stems.



4. Toast sunflower seeds

Put the **sunflower seeds** in a cold medium frypan over medium heat. Toast, tossing, for 2-3 mins until evenly golden. Remove from the pan and set aside.



5. Cook steak

Heat the pan over high heat until hot. Reduce the heat to medium-high and cook the **steaks** for 3-4 mins each side for medium-rare or until cooked to your liking. Transfer to a plate and rest for 4 mins.



6. Get ready to serve

Meanwhile, combine the **carrot, spinach, onion, parsley** and **sunflower seeds** in a large bowl. Add the **raisin dressing** and toss to combine. Divide the **salad** and **beef** among plates to serve.