

# MARLEY SPOON



## Fast Spiced Minute Steaks

with Moroccan Carrot Salad



20-30min



4 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
- large frypan

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

### Cooking tip

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 30.7g, Proteins 45.2g



#### 1. Marinate steak

Crush or finely chop the **garlic**. Drizzle the **steak** with **1 tbs olive oil**, then rub with **2 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 the **remaining garlic, 60ml (¼ cup) extra virgin olive oil, 1½ tbs white wine vinegar, 1 tsp honey** in a bowl, season with **salt and pepper** and whisk to combine. Add the **raisins** and set aside.



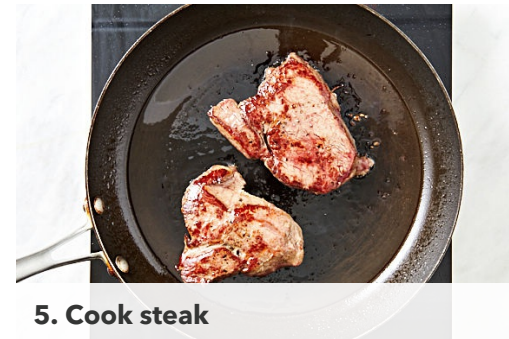
#### 3. Prepare ingredients

Peel and coarsely grate the **carrots** (see cooking tip). Finely chop the **onion**. Finely chop the **parsley** leaves, discarding the stems.



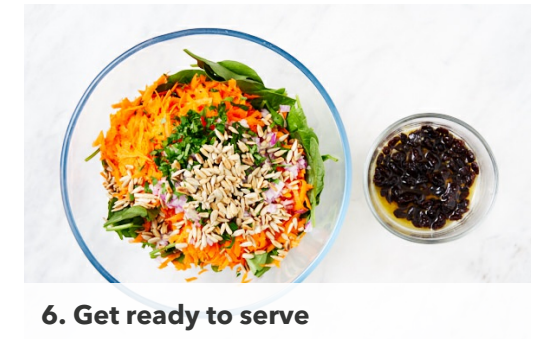
#### 4. Toast sunflower seeds

Put the **sunflower seeds** in a cold large 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.