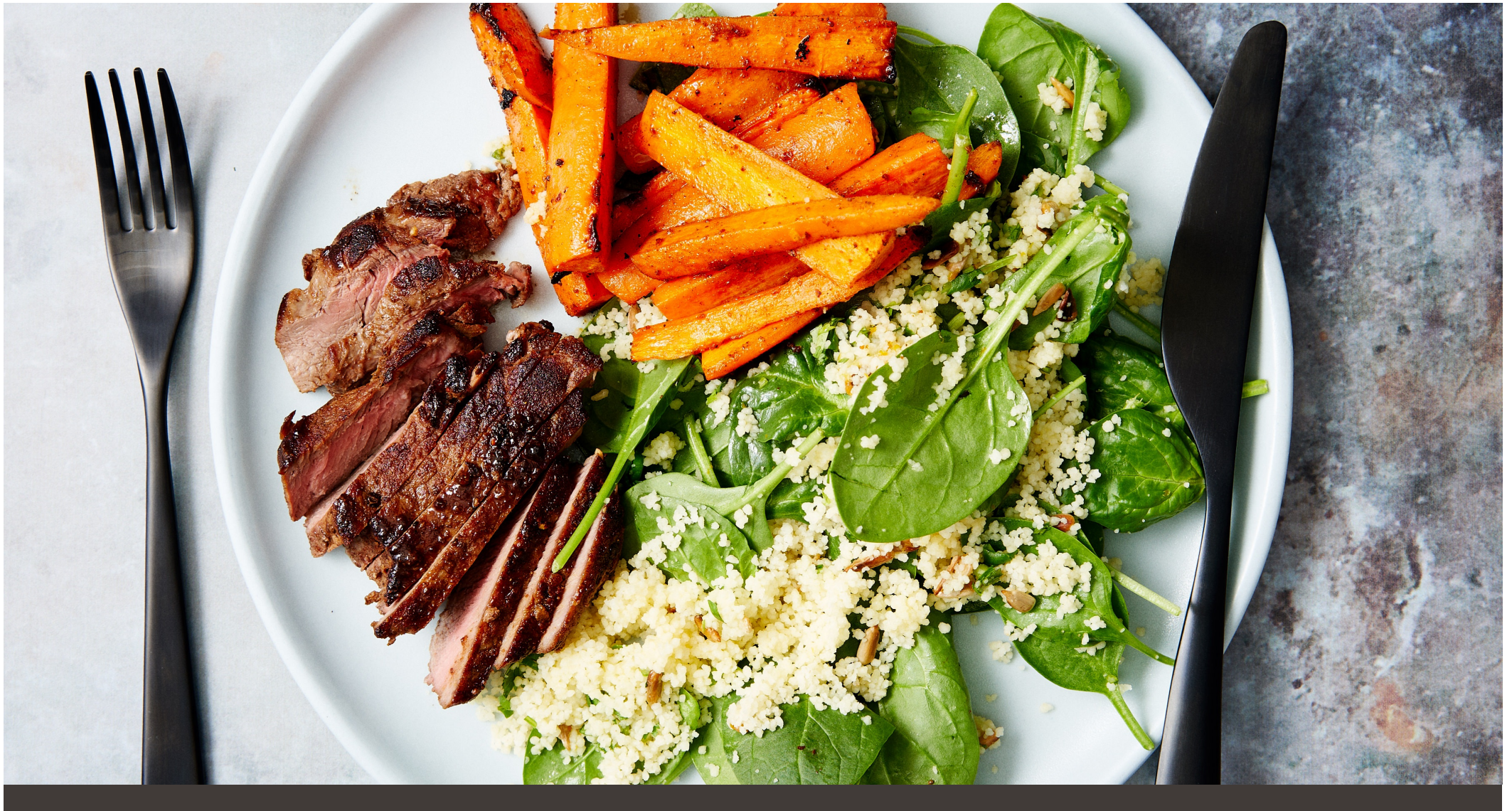


# MARLEY SPOON



## Moroccan Beef and Couscous

with Spice-Roasted Carrots



20-30min



4 Portions

Take a trip to Morocco with this tantalising spice-filled dish. Ras el hanout is a North African spice mix which translates to 'top of the shop' meaning it's a blend of the best spice the shop has, so you know this dish is going to be good!!

## What we send

- lime
- ras el hanout spice blend <sup>1,17</sup>
- orange
- couscous <sup>1</sup>
- carrot
- 4 beef rump steaks
- sunflower seeds
- coriander
- baby spinach leaves

## What you'll require

- boiling water
- extra virgin olive oil
- Australian honey
- olive oil
- salt and pepper

## Utensils

- baking paper
- fine grater
- large frypan
- oven tray

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

### Cooking tip

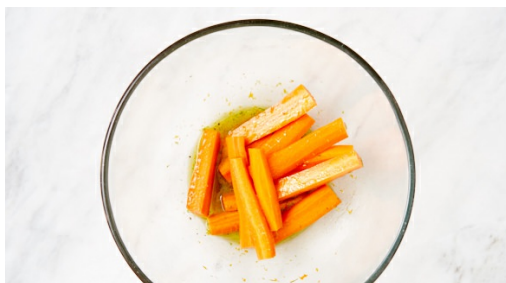
It's important to have your pan very hot before adding the steaks, otherwise, they may stew slightly.

### Allergens

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

### Nutrition per serving

Energy 780kcal, Fat 32.7g, Carbs 70.1g, Proteins 45.8g



### 1. Prepare carrots

Heat oven to 200C. Peel the **carrots**, then quarter lengthwise and halve widthwise. Finely grate the zest of the **lime** and **orange**, then juice the orange. Combine the **orange juice, orange zest, lime zest, 2 tbs olive oil** and **1 tbs honey** in a large bowl and season with **salt and pepper**. Add the carrots and toss to coat.



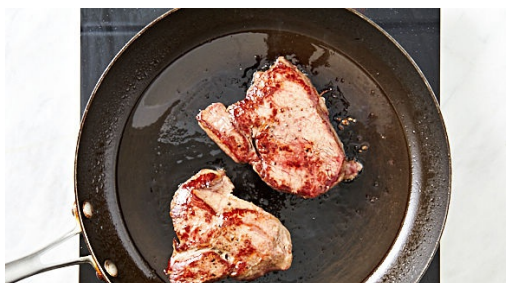
### 2. Roast carrots

Line an oven tray with baking paper. Transfer the **carrots** to the lined tray, reserving the marinade in the bowl. Scatter over **2 tsp ras el hanout**, then roast for 20 mins or until golden and tender.



### 3. Cook couscous

Put the **couscous** in a large heatproof bowl, pour over **330ml (1 1/3 cups) boiling water**. Cover with a plate or plastic wrap and stand for 5-7 mins until the water is absorbed. Fluff the grains with a fork. Meanwhile, 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.



### 4. Cook steaks

Heat the pan over high heat until hot (see cooking tip). Drizzle the **steaks** with **1 tbs olive oil**, scatter with the **remaining ras el hanout** and season with **salt and pepper**. 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. Remove from pan and rest for 4 mins.



### 5. Make dressing

Meanwhile, juice the **lime**. Add the **lime juice** and **2 tbs extra virgin olive oil** to the **reserved carrot marinade** and whisk to combine. Finely chop the **coriander**, including the stems.



### 6. Get ready to serve

Add the **sunflower seeds, coriander, spinach** and **125ml (1/2 cup) dressing** to the **couscous** and stir to combine. Thickly slice the **steaks** against the grain. Divide the **couscous, carrots** and **steaks** among plates. Drizzle over the **remaining dressing** to serve.