

MARLEY SPOON



Steak and Charred Tomatoes

with Pea Couscous and Pomegranate



20-30min



2 Portions

If you're not familiar with pomegranate molasses, you're in for a treat. A staple in Turkey and Lebanon, it's made by cooking down pomegranate juices until they're thick and jammy. In flavour terms it's sweet-sour and here it gives beef rump, seasoned with tart sumac then paired with minted pea couscous and grilled, juicy tomatoes, a real lift.

What we send

- 20g macadamia nuts ¹⁵
- 1 red onion
- mint
- 2 chicken-style stock cubes
- 150g couscous ¹
- 150g peas
- 2 tomatoes
- 2 beef rump steaks
- 5g ground sumac
- 2 tbs pomegranate molasses

* The remainder of this ingredient won't be used in this recipe.

What you'll require

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

Utensils

- small saucepan
- small frypan
- sieve
- chargrill pan or frypan

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 it may stew slightly and become tough.

Allergens

Gluten (1), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 775kcal, Fat 28.5g, Carbs 77.5g, Proteins 48.1g



1. Prepare ingredients

Read through the recipe. Bring a small saucepan of water to the boil for the peas. Meanwhile, put the **macadamias** in a cold small frypan over medium heat. Toast, tossing, for 3-4 mins until light golden. Remove from the pan and allow to cool slightly, then coarsely chop. Very thinly slice the **onion**. Coarsely chop the **mint**, discarding the stems.



4. Prepare tomatoes

Heat a chargrill pan over high heat until hot (see cooking tip). Halve the **tomatoes** lengthwise. Drizzle with **1 tsp olive oil** and season with **salt and pepper**. Drizzle the **steaks** with **2 tsp olive oil**, season with **salt and pepper** and scatter over **1 tsp sumac***.



2. Soak couscous

Crumble **1 stock cube** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **180ml (¾ cup) boiling water** and **2 tsp olive oil** and stir to dissolve. Put **couscous** in a large heatproof bowl, pour over the **stock** and cover with a plate. Stand for 5 mins or until the water is absorbed. Fluff the grains with a fork.



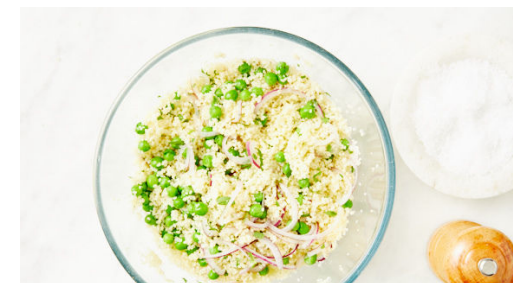
5. Cook steaks and tomatoes

Reduce the heat to medium-high and cook the **steaks** for 2-3 mins each side for medium-rare or until cooked to your liking. Transfer to a plate and rest for 4 mins. While the steak is resting, cook the **tomatoes** in the pan for 2-3 mins each side until charred and softened.



3. Cook peas

While the couscous is soaking, cook the **peas** in the pan of boiling water for 2 mins or until bright green and tender. Drain.



6. Get ready to serve

Add the **peas, onion** and **mint** to the couscous. Taste, then season with **salt and pepper** and stir to combine. Slice the **steaks**. Divide the **couscous mixture, steak** and **tomato** among plates. Drizzle with the **pomegranate molasses** and **2 tsp extra virgin olive oil** and scatter over the **macadamias** to serve.