

# MARLEY SPOON



## Steak and Charred Tomatoes

with Pea Couscous and Pomegranate



20-30min



4 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

- 2 chicken-style stock cubes
- 300g couscous <sup>1</sup>
- 2 x 150g peas
- 40g macadamia nuts <sup>15</sup>
- 1 red onion
- mint
- 4 beef rump steaks
- 4 tomatoes
- 5g ground sumac
- 2 tbs pomegranate molasses

## What you'll require

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

## Utensils

- medium saucepan
- sieve
- small frypan
- 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 745kcal, Fat 28.4g, Carbs 70.6g, Proteins 47.6g



### 1. Prepare ingredients

**Read through the recipe.** Bring a medium 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 **2 tsp olive oil** and season with **salt and pepper**. Drizzle the **steaks** with **1 tbs olive oil**, season with **salt and pepper** and scatter over the **sumac**.



### 2. Soak couscous

Crumble the **stock cubes** into a heatproof jug, add **330ml (1 1/3 cups) boiling water** and **1 tbs olive oil** and stir to dissolve. Put the **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 **1 tbs extra virgin olive oil** and scatter over the **macadamias** to serve.