



MOROCCAN STEAK

with Quick-Pickled Lemon and Veggie Couscous



HELLO

QUICK-PICKLED LEMON

Try our quick and easy hack for preserved lemons – a classic Moroccan condiment

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 820



Beef Steak



Red Bell Pepper



Carrot



Garlic



Cilantro



Green Onions



Lemon



Moroccan Couscous



Vegetable Broth Concentrate



Baby Spinach



Moroccan Spice

BUST OUT

- Large Bowl
- Measuring Cups
- Large Non-Stick Pan
- Sugar (2 tsp | 4 tsp)
- Small Non-Stick Pan
- Salt and Pepper
- Kettle
- Olive or Canola oil
- Measuring Spoons

INGREDIENTS

2-person | 4-person

• Beef Steak	1 pkg		2 pkg
• Red Bell Pepper	230 g		680 g
• Carrot	170 g		340 g
• Garlic	1 pkg (10 g)		2 pkg (20 g)
• Cilantro	1 pkg (10 g)		1 pkg (10 g)
• Green Onions	2		4
• Lemon	1		1
• Moroccan Couscous	1 1 pkg (½ cup)		2 pkg (1 cup)
• Vegetable Broth Concentrate	1		2
• Baby Spinach	1 pkg (113 g)		2 pkg (227 g)
• Moroccan Spice	1 pkg (1 tbsp)		2 pkg (2 tbsp)

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

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|------------------------|----------------------|
| 0 Seafood/Fruit de Mer | 5 Tree Nut/Noix |
| 1 Wheat/Blé | 6 Mustard/Moutarde |
| 2 Milk/Lait | 7 Peanut/Cacahuète |
| 3 Egg/Oeuf | 8 Sesame/Sésame |
| 4 Soy/Soja | 9 Sulphites/Sulfites |

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 160°F.

START STRONG

Preserved lemons takes weeks to prepare, but our quick pickling method means that you can savour this classic Moroccan condiment in just 30 minutes! The taste is briny and salty, so give it a taste before adding to your couscous to see if the flavour is up your alley!



1 PREP Wash and dry all produce.* Bring a kettle of **water** to a boil. Core, then thinly slice the **bell pepper(s)**. Cut the **carrot(s)** into ¼-inch rounds. Mince or grate the **garlic**. Roughly chop the **cilantro**. Thinly slice the **green onions**.



4 COOK VEGGIES Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **peppers** and **carrots**. Cook until the veggies are tender-crisp, 4-5 min. Add the **garlic** and **green onions**. Stir for 1 min. Add the **spinach** and cook until wilted, 1-2 min. Transfer the veggies to the same bowl with the **couscous**. Cover to keep warm.



2 PICKLE LEMONS Cut the lemon in half, lengthwise. Cut **one** half (both halves for 4 ppl) into ⅛-inch slices. Heat a small non-stick pan over medium-high heat. Add the **lemon slices**, **1 cup water** (double for 4 ppl), **2 tsp sugar** (double for 4 ppl) and **¼ tsp salt** (double for 4 ppl). Cover with a lid. Cook until the lemon rinds are soft and almost no liquid remains, 18-20 min.



5 COOK STEAK Sprinkle the **steak(s)** with the **remaining spice blend**. Season with **salt** and **pepper**. Increase the heat to medium-high. Add a drizzle of **oil**, then the steak. Pan-fry until the steak is cooked to desired doneness, 4-7 min per side. (**TIP:** Cook to a minimum internal temperature of 160°F.**)



3 COOK COUSCOUS Meanwhile, in a large bowl, combine the **couscous**, **broth concentrate(s)**, **¼ tsp spice blend** (double for 4 people) and **¾ cup boiling water** (double for 4 people). Cover with a lid and let stand for 5 min. (**TIP:** You can also boil ¾ cup water in a small pot if you don't have a kettle.)



6 FINISH AND SERVE Finely chop **1 tbsp pickled lemons** (double for 4 ppl) and stir into the **couscous**. (Taste, then add more if you'd like.) Thinly slice the **steak**. Serve alongside the couscous. Sprinkle with the **cilantro**.

PUCKER UP!

Lemons are packed with vitamin C, which may help reduce your chances of catching a cold!