

QCOOK

Moroccan Veg & Beef Sirloin

with baby tomatoes & piquanté peppers

Hands-on Time: 30 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	371kJ	2066kJ
Energy	89kcal	494kcal
Protein	7.4g	41.4g
Carbs	5g	29g
of which sugars	2g	12g
Fibre	1g	7g
Fat	1.8g	10.3g
of which saturated	0.7g	3.6g
Sodium	59.2mg	329.5mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None



Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
120g	240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	1	Onion <i>peel & cut ½ [1] into bite-sized pieces</i>
5ml	10ml	Moroccan Spice <i>(2,5ml [5ml] Cumin Seeds & 2,5ml [5ml] NOMU Moroccan Rub)</i>
120g	240g	Baby Tomatoes <i>rinse & cut into quarters</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
160g	320g	Beef Sirloin
50ml	100ml	Low Fat Plain Yoghurt
10g	20g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. MOROCCAN VEG Preheat the oven to 200°C. Spread the carrot and onion on a roasting tray. Lightly add cooking spray and toss with the Moroccan spice and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. HERBY TOMATOES In a bowl, combine the baby tomatoes with ½ the coriander. Season and set aside.

3. SUPERB STEAK Place a pan over medium-high heat and lightly add cooking spray. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. ADD MORE COLOUR Toss the peppers through the roast veg before serving.

5. IMPRESSIVE, CHEF! Make a base of the yoghurt and top with the roasted veg. Serve the tomatoes and the steak slices alongside. Garnish with the remaining coriander. Get ready to feast!