

FROM CAN TO PAN – RECIPES EPISODE 5

RECIPE 1: MOROCCAN BEEF SALAD WITH COUSCOUS

Ingredients:

1 cup vegetable stock
1 1/2 cups couscous
500g beef rump steak
1/2 cup apricots, sliced
1/2 cup sultanas
1 medium red onion, sliced thinly
1/4 cup finely chopped fresh mint
1 tablespoon pine nuts
2 teaspoons cumin seeds
3/4 cup oil-free french dressing

Method:

1. Cook beef on grill until browned both sides. Cover, stand for 5 minutes and then slice thinly.
2. Bring stock to the boil, remove from heat and add couscous. Stand for 5-minutes until liquid is absorbed, fluffing with a fork occasionally.
3. Add apricots, sultanas, onion and herbs to the couscous. Stir gently.
4. Place pine nuts and cumin in a dry, small frying pan, stir over low heat until seeds are just fragrant and pine nuts are roasted.
5. Combine seeds and nuts with dressing in a small bowl. Drizzle over beef and couscous.



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