

# Harissa-marinated beef sirloin

## Ingredients

1½ tbsp harissa  
2 x 160g beef sirloin steaks, trimmed  
Salt and black pepper  
2 large yellow peppers  
2 tbsp olive oil  
1 garlic clove, peeled and crushed  
400g tin chopped Italian tomatoes  
½ tsp flaked chilli  
¼ tsp sweet paprika  
1 tbsp preserved lemon skin, thinly sliced  
2 tbsp chopped parsley, plus extra to garnish



## Method

Brush the harissa into the meat, season with some salt and some black pepper, and leave to marinade for at least an hour (or in the fridge overnight).

Meanwhile, make the sauce. Heat the oil in a medium frying pan over medium heat. Fry the garlic for 30 seconds on medium heat, add the peppers and cook through. Add the tomatoes, chilli, paprika, some salt and black pepper, bring to a simmer and cook for seven minutes. Add the preserved lemon skin and parsley, and cook for seven minutes, until the sauce thickens but is still easy to pour. Set aside and allow to come to room temperature.

Preheat the oven to 190C/375C/gas mark 5. Place a ridged griddle pan on a high heat and, when smoking hot, add the steaks and cook for a minute a side. Transfer to a baking tray and cook for eight minutes, until done to medium. Serve warm or at room temperature, sliced into thin strips, with sauce spooned on top.

## Meal alterations

Extra energy and  
carbohydrates

- Serve with Harissa spiced whole-wheat couscous