


Zesty Moroccan Grilled Beef And Eggplant

Go around the world in one night with this Moroccan grilled beef recipe. Use a Flank Steak and Moroccan marinade for a worldly flavor.


INGREDIENTS

- 1 beef Flank Steak (1-1/2 to 2 pounds)
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45 Min


6
Servings


42 Cal


31g
Protein

[illegible]

[illegible]

1 medium eggplant, cut into 1-inch pieces

[illegible]

[illegible]

6 whole wheat pita breads, warmed

[illegible]

[illegible]

[illegible][illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

6 cloves garlic, coarsely chopped

1 tablespoon ground cumin

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

1 tablespoon paprika

1/3 cup fresh lemon juice

1/3 cup fresh lemon juice

1/3 cup fresh lemon juice

1/3 cup olive oil

1/3 cup olive oil

1/3 cup olive oil

1/3 cup olive oil

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1/3 cup fresh lemon juice

Grape tomatoes, chopped cucumber, chopped red onion, plain yogurt (optional)

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[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

yogurt (optional)
Grape tomatoes, chopped cucumber, chopped red onion, plain
yogurt (optional)
1/3 cup olive oil
Grape tomatoes, chopped cucumber, chopped red onion, plain
yogurt (optional)

COOKING

1. To prepare Charmoula, place cilantro, parsley, garlic, cumin and paprika in food processor or blender container. Cover; process until coarsely chopped. Add lemon juice and oil; process just until blended. Season with salt and pepper, as desired. Cover and refrigerate 1/4 cup Charmoula for serving.

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and remaining Charmoula in another food-safe plastic bag. Close bags securely and marinate in refrigerator 6 hours or as long as overnight.

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		14g	66mg		42g	31g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com