



Cinnamon Beef with Mild Harissa Yogurt Dressing

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

- 2 thin beef steaks
- 1 tsp cinnamon
- 1 tbsp olive oil
- 1 tbsp honey
- 4 tbsp natural yogurt
- 1 tsp minced garlic
- 1 tsp cumin
- 1 tsp ground coriander
- 100g bulgar wheat
- 500ml hot stock of your choice
- 6 cherry tomatoes, halved
- 100g sweetcorn
- Handful of fresh coriander, chopped

Instructions

1. Mix the cinnamon, oil and honey in a bowl. Add the steaks, turning to coat, then set aside.
2. Add the bulgar wheat to a pan with the stock. Bring to the boil, then cover and leave to simmer for about 20 minutes until the stock is absorbed.
3. Meanwhile, mix the yogurt with the garlic, cumin and ground coriander. Set aside.

-
4. Grill the steaks to your liking, turning once.
 5. Stir the sweetcorn, tomatoes and coriander into the cooked bulgar wheat.
 6. You can either stir the yogurt mixture in with the bulgar wheat or spread on top of the steak to serve.