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.

45 Min | 6 Servings | 42 Cal | 31g Protein

INGREDIENTS

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

1 medium eggplant, cut into 1-inch pieces

6 whole wheat pita breads, warmed

1-1/2 cups fresh cilantro leaves

1-1/2 cups fresh parsley leaves

6 cloves garlic, coarsely chopped

1 tablespoon ground cumin

1 tablespoon paprika

1/3 cup fresh lemon juice

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.

2. Place beef Flank Steak and half of remaining Charmoula in food-safe plastic bag; turn steak to coat. Place eggplant and remaining Charmoula in another food-safe plastic bag. Close bags securely and marinate in refrigerator 6 hours or as long as overnight.

3. Remove steak and eggplant from marinade; discard marinade. Skewer eggplant onto six 8-inch metal skewers. Place steak and kabobs on grid over medium, ash-covered coals. Grill steak, covered, 11 to 16 minutes (over medium heat on preheated gas grill 16 to 21 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill kabobs 12 to 14 minutes or until tender, turning occasionally.

4. Carve steak across the grain into thin slices. Remove eggplant from skewers. Season steak and eggplant with salt, as desired. Serve in pitas with reserved 1/4 cup Charmoula and Toppings, as desired.

NUTRITION

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Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
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

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