

# Slow-Cooked Beef & Veggie Tagine

with Couscous & Almonds

Grab your Meal Kit with this symbol



**Recipe Update**

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Carrot



Parsnip



Tomato



Onion



Garlic



Flaked Almonds



Ras El Hanout



Tomato Paste



Chermoula Spice Blend



Beef-Style Stock Powder



Diced Dried Dates



Couscous



Vegetable Stock Powder



Herbs



Diced Beef



Greek-Style Yoghurt

Prep in: **20-30 mins**  
 Ready in: **1 hr 50 mins - 2 hrs**

This dish will keep surprising you with every bite. Flavours and aromas will be jumping out to greet your tastebuds from the thick yet welcoming chermoula and tomato sauce coated beef to the earthy veggies and their sunny scent. Finally, a soft and soothing couscous to finish it off.

**Pantry items**

Olive Oil, Plain Flour, Butter (Optional)



## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Small frying pan · Large ovenproof saucepan with a lid (or foil)

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
parsnip	1	2
tomato	1	2
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
flaked almonds	1 packet	2 packets
ras el hanout	1 sachet	1 sachet
<b>plain flour*</b>	1 tbs	2 tbs
diced beef	1 packet	1 packet
tomato paste	1 packet	2 packets
chermoula spice blend	1 sachet	1 sachet
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
diced dried dates	½ packet	1 packet
<b>water*</b> (for the beef)	1 cup	2 cups
couscous	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
<b>butter*</b> (optional)	20g	40g
<b>boiling water*</b> (for the couscous)	¾ cup	1½ cups
herbs	1 bag	1 bag
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2937kJ (702Cal)	580kJ (139Cal)
Protein (g)	42.3g	8.3g
Fat, total (g)	22.6g	4.5g
- saturated (g)	9.8g	1.9g
Carbohydrate (g)	82.9g	16.4g
- sugars (g)	32g	6.3g
Sodium (mg)	1587mg	313mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Cut **carrot**, **parsnip** and **tomato** into bite-sized chunks. Cut **onion** into wedges. Finely chop **garlic**.
- Heat a small frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl and set aside.

**Little cooks:** Kids can help peel off the onion's outer layer (we recommend wearing goggles to avoid onion tears!).



## Bake the stew

- Cover saucepan with a lid or tightly with foil. Bake in oven, until beef is tender, **1 hour** and **30 minutes-2 hours**.

**TIP:** If you don't have an ovenproof saucepan, transfer mixture to a baking dish instead!



## Sear the beef

- In medium bowl, combine **ras el hanout**, the **plain flour**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**. Add **diced beef** and toss to coat.
- In a large ovenproof saucepan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef**, tossing once, until browned, **2-3 minutes**.
- Remove from heat, then add **garlic**, **tomato paste** and **chermoula spice blend** and stir until fragrant, **1 minute**.

**TIP:** If your pan is getting crowded, cook the beef in batches to ensure it browns and doesn't stew.

**TIP:** Add extra oil between batches if necessary.



## Cook the couscous

- When the tagine has **5 minutes** remaining, boil the kettle.
- In medium heatproof bowl, place **couscous**, **vegetable stock powder** and the **butter**. Add the **boiling water** (¾ cup for 2 people / 1 1/2 cups for 4 people) and stir to combine.
- Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.

**Little cooks:** Kids can help fluff up the couscous!



## Make it saucy

- To the pan with the beef, stir in **onion**, **tomato**, **carrot**, **parsnip**, **beef-style stock powder**, **diced dried dates** (see ingredients) and **water (for the beef)**. Season.

**Little cooks:** Kids can help out with measuring the water.



## Serve up

- Divide couscous between bowls, then top with slow-cooked beef and veggie tagine.
- Garnish with almonds and tear over **herbs**.
- Top with **Greek-style yoghurt**. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the garnish!

## Rate your recipe

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