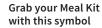


# Slow-Cooked Beef & Veggie Tagine

with Couscous & Almonds















Tomato







Flaked Almonds







Hanout





Chermoula Spice Blend

Beef-Style Stock Powder









Diced Dried Dates

Couscous





Vegetable Stock Powder





Diced Beef

Yoghurt

## **Pantry items**

Olive Oil, Plain Flour, Butter (Optional)

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.

## Before you start

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

veggies a wash.

### You will need

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

# Ingredients

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	2 People	4 People
olive oil*	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
plain flour*	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
water* (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
boiling water* (for the couscous)	³⁄₄ 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 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

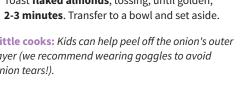
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# Get prepped

- 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,

**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.



# 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.



# 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** (3/4 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!



## 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!



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