



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK08
2016



Moroccan Beef Tagine with Pumpkin & Parsley

Transport yourself to the colourful streets of Fez with this simple recipe! Our cheat's tagine is one for the masses and guaranteed to satisfy all of your comfort food cravings. From sweet to spicy to salty, the flavours in this number are sure to take your tastebuds on a whirlwind adventure.



Prep: 10 mins

Cook: 35 mins

Total: 45 mins



helping
hands



level 1



one pan
wonder

Pantry Items



Olive Oil



Honey



Water



Butter



Premium Beef
Rump



Red Onion



Garlic



Cumin & Paprika
Spice Mix



Pumpkin



Diced Tomatoes



Baby Spinach



Couscous




Parsley

JOIN OUR PHOTO CONTEST




#HelloFreshAU


QTY	Ingredients
500 g	premium beef rump steak
2 tbs	olive oil *
1	red onion, finely sliced
2 cloves	garlic, peeled & crushed
3 tsp	cumin & paprika spice mix
1 tbs	honey *
1 portion	pumpkin, peeled & cut into 2 cm cubes
2 tins	diced tomatoes
½ bag	baby spinach, washed
1 ½ cups	couscous
1 ½ cups	boiling water *
2 tsp	butter *
1 bunch	parsley, finely chopped



Ingredient features
in another recipe



Pantry Items



Pre-preparation

Nutrition per serve

Energy	3180	Kj
Protein	47.6	g
Fat, total	16.8	g
-saturated	5.3	g
Carbohydrate	99	g
-sugars	23.1	g
Sodium	107	mg



You will need: *chef's knife, chopping board, garlic crusher, vegetable peeler, large frying pan, plate, aluminium foil, medium bowl, cling wrap and a fork.*

1 Heat a large frying pan over a medium-high heat. Rub the **premium beef rump steaks** with half of the **olive oil**. Season with **salt** and **pepper**. Add the steaks to the pan and cook for **3 minutes** on each side for medium rare or until cooked to your liking. Cooking times may vary depending on the thickness of your steaks. Transfer to a plate and cover with foil to keep warm.

2 Meanwhile, heat the remaining olive oil in the same frying pan. Add the **red onion** and cook for **5 minutes** or until soft. Add the **garlic, cumin & paprika spice mix** and **honey** and cook for **1 minute** or until fragrant. Add the **pumpkin** and cook, stirring, for **1 minute** or until coated in the spices. Add the **diced tomatoes** and season with salt and pepper. Bring to the boil. Reduce the heat to low and simmer, covered, for **25-30 minutes** or until the sauce is slightly thickened and the pumpkin is tender.

3 Thinly slice the rested steaks and gently stir through the tagine with the **baby spinach**. Simmer for **2-3 minutes** and then remove from the heat.

4 Meanwhile, place the **couscous** in a medium bowl. Pour over the **boiling water**, stir with a fork, then cover the bowl tightly with cling wrap and leave to sit for **5 minutes**. Remove the cling wrap and fluff the couscous with a fork. Stir through the **butter** and half of the **parsley**.

5 Divide the couscous between bowls. Top with the tagine and a sprinkle of the remaining parsley. Season to taste with salt and pepper.

Did you know? Tagine is a North African dish and traditionally eaten with your hands.