



# Moroccan Beef & Pumpkin Stew

with Spiced Chickpeas



Cook pumpkin like a pro



Chickpeas



Brown Onion



Peeled Pumpkin



Moroccan Spice Blend



Beef Rump



Beef Stock Cube



Tomato Paste



Baby Spinach Leaves

Pantry Staples



Olive Oil



Boiling Water



Hands-on: 30 mins  
Ready in: 50 mins

The stew studded with burnished oranges will have you feeling as warm as it looks. And with this speedy method, you'll be left with beef that's as tender as it is satisfying.

## BEFORE YOU — START

You will need: **kettle, sieve, chef's knife, chopping board, oven tray lined with baking paper, medium frying pan, tongs, plate, medium saucepan with a lid, wooden spoon and jug.** Let's start cooking the **Moroccan Beef & Pumpkin Stew with Spiced Chickpeas**



### 1 GET PREPPED

Preheat the oven to **200°/180°C fan-forced**. Bring a half full kettle of water to the boil. Drain and rinse the **chickpeas**. Finely slice the **brown onion**. Chop the **peeled pumpkin** into 2 cm chunks.



### 2 ROAST THE CHICKPEAS

Place the **chickpeas** on the prepared oven tray. Toss with **1/2** of the **olive oil** and **1/2** of the **Moroccan spice blend**. Season with **salt** and **pepper**. Bake for **15-20 minutes**, or until golden and crispy.



### 3 BROWN THE BEEF

Meanwhile, heat a **dash** of **olive oil** in a medium frying pan over a medium-high heat. Cook the **beef rump** for **1-2 minutes** on each side, for medium rare or until cooked to your liking. Set aside on a plate to rest for at least **2 minutes**, then slice into 2 cm pieces.



### 4 COOK THE PUMPKIN

Heat the **remaining olive oil** in a medium saucepan over a medium-high heat. Add the **brown onion** and **pumpkin** and cook for **10 minutes**, stirring occasionally. Place the lid on and cook for a further **5 minutes**, or until the pumpkin is soft when pierced with a knife (add extra oil if it appears to be browning on the base of the saucepan).

*Adding the lid to the saucepan helps steam the pumpkin and cooks it evenly all the way through.*



### 5 BRING THE STEW TOGETHER

While the pumpkin is cooking, combine the **boiling water** and crumbled **beef stock** cube in a jug. Once the pumpkin is cooked, add the **tomato paste** and **remaining Moroccan spice blend** to the pumpkin mixture and cook for **1 minute**, or until fragrant. Pour in the beef stock mixture and stir to combine. Add the **beef** and **baby spinach leaves** to the saucepan, stir until the baby spinach wilts and then remove from the heat (about **2 minutes**).



### 6 SERVE UP

Divide the Moroccan beef and pumpkin stew between bowls. Top with the spiced chickpeas.

## Enjoy!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
chickpeas	1 tin (400g)	2 tins (800g)
brown onion	1	2
peeled pumpkin	1 portion	2 portions
olive oil	1 tbs	2 tbs
Moroccan spice blend	1 sachet (2 tsp)	2 sachets (1 tbs)
beef rump	1 packet	2 packets
boiling water	1 ½ cups	3 cups
beef stock cube	½	1
tomato paste	1 sachet (2 tbs)	2 sachets (4 tbs)
baby spinach leaves	1 bag	2 bags

\*Pantry Items | [👉 Ingredient features in another recipe](#)

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2380kJ (569Cal)	262kJ (63Cal)
Protein (g)	49.6g	5.5g
Fat, total (g)	18.7g	2.1g
- saturated (g)	4.9g	0.5g
Carbohydrate (g)	42.1g	4.6g
- sugars (g)	18.2g	2.0g
Sodium (g)	530mg	58mg

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