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## Moroccan Beef with Smashed Pumpkin & Chickpeas

Biff! Bop! Blam! Hero Harissa to the rescue! We've dressed up beef with a cape of this delicious paste – and what a superstar dinner it creates! Along with smashing chickpeas, you'll be cheering for this scrumptious, superstar all the way to the final bite.



**Prep:** 10 mins

**Cook:** 35 mins

**Total:** 45 mins



level 1



high  
protein



low sodium

### Pantry Items



Olive Oil



Balsamic  
Vinegar



Pumpkin



Brown Onion



Garlic



Chickpeas



Parsley



Mild Harissa  
Paste



Premium Beef  
Rump



Greek Yoghurt

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2P	4P	Ingredients
400 g	800 g	pumpkin, skin removed & chopped into 3 cm chunks
1 tbs	2 tbs	olive oil *
½	1	brown onion, finely chopped
1 clove	2 cloves	garlic, peeled & crushed
1 tin	2 tins	chickpeas, drained & rinsed
1 tbs	2 tbs	balsamic vinegar *
1 bunch	2 bunches	parsley, finely chopped
1 tub	2 tubs	mild harissa paste
2 steaks	4 steaks	premium beef rump
1 tub	2 tubs	Greek yoghurt

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2440	Kj
Protein	49.3	g
Fat, total	22.4	g
-saturated	6.7	g
Carbohydrate	39.3	g
-sugars	17.6	g
Sodium	158	mg

3a



**You will need:** *chef's knife, chopping board, garlic crusher, sieve, oven tray lined with baking paper, tongs, medium frying pan, wooden spoon, potato masher or fork, aluminium foil, small bowl, tongs and plate.*

**1** Preheat the oven to **220°C/200°C** fan-forced.

**2** Toss the **pumpkin** in half of the **olive oil** and season with **salt** and **pepper**. Spread out on the prepared oven tray. Cook in the oven for **15-20 minutes**, or until tender, turning halfway through.

3b



**3** When the pumpkin has **10 minutes** remaining, heat the remaining olive oil in a medium frying pan. Add the **brown onion** and cook for **4-5 minutes**, or until soft. Add the **garlic** and cook until fragrant. Add the **chickpeas** and cook for **3-4 minutes**, or until they start to brown a little. Add the **balsamic vinegar** and **parsley** and then remove from the heat. Add the roast pumpkin to the pan and, using a potato masher or fork, roughly smash the pumpkin and chickpeas. Season to taste with salt and pepper.

4



**4** Combine the **harissa paste** and a dash of olive oil in a small bowl and season with salt. Rub the harissa mixture all over the **premium beef rump**. Heat a dash of olive oil in a medium frying pan. Cook the beef steak for **2 minutes** on each side for medium rare, or until cooked to your liking. Set aside for **2-3 minutes** on a plate, covered with foil to rest. Resting your steak ensures it stays juicy and moist.

5



**5** To serve, divide the harissa steak and chickpea smash between plates. Dollop with the **Greek yoghurt**.

**Did you know?** Approximately 90 million tonnes of chickpeas are produced globally per year, and Australia is the world's second largest chickpea supplier!