



Everything
But The Chef

HelloFresh.com.au

hello@hellofresh.com.au | 02 81 888 722



WK19
2015

Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

Moroccan Pumpkin & Beef Tagine

Transport yourself to the colourful streets of Fez with this simple recipe! Our cheats 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: 15 mins

Cook: 30 mins

Total: 45 mins



level 2



lactose
free



3
pantry
items



Vegetable Stock Powder



Moroccan Spice



Coriander



Garlic



Porterhouse Steak



Brown Onion



Pumpkin



Diced Tomatoes



Couscous

2P	4P	Ingredients
2 tbs	4 tbs	olive oil *
1	2	Porterhouse steak
1	2	brown onion, diced
2	4	garlic cloves, peeled & crushed 
1 tsp	2 tsp	HelloFresh Moroccan spice
1 tbs	2 tbs	honey *
350 g	700 g	pumpkin, cut into 2 cm cubes A
1 tin	2 tins	diced tomatoes
1/2 tsp	1 tsp	vegetable stock powder
350 ml	500 ml	water *
150 g	300 g	couscous
150 ml	300 ml	boiling water *
1 tbs	2 tbs	coriander, chopped

 May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	1530	Kj
Protein	37.8	g
Fat, total	6.4	g
-saturated	1.8	g
Carbohydrate	33.8	g
-sugars	14.6	g
Sodium	8650	mg

Measuretool

0 cm	1 cm	2 cm

* Due to the nature of pumpkins, you might find a 10% variance in the weight of pumpkin you receive.



1 Heat half of the **olive oil** in a large frying pan over a medium-high heat. Add your **steak** and cook it for **2-3 minutes** on each side until browned or cooked to your liking. Transfer to a plate and cover with foil to rest and keep warm.



2 Heat the remaining oil in the same pan. Add the **onion** and cook for **1 minute** or until soft. Add the **garlic**, **HelloFresh Moroccan spice**, and **honey**. Cook, stirring, for **1 minute** or until fragrant. Add the **pumpkin**. and cook, stirring, for **1 minute** or until coated in the lovely spices. Add the **diced tomatoes**, **vegetable stock powder**, and **water**. Bring to the boil. Reduce the heat to low. Simmer, covered, for **20 minutes** or until the sauce is slightly thickened and the pumpkin is cooked through and tender. Thinly slice the beef and mix it through your tagine, simmer for **2-3 minutes** to emerse the beef in the rich tomato flavours. Remove from the heat.



3 Place the **couscous** in a bowl, add a pinch of **salt** and pour the **boiling water** over the couscous. Cover the bowl tightly with cling wrap and leave to sit for **5 minutes**. Remove the wrap and fluff the couscous with a fork. Stir through the **coriander** but reserve a small amount for a garnish.



4 Divide the couscous between bowls. Top with the tagine and sprinkle with the remaining coriander.

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