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Moroccan Beef & Pumpkin Tagine with Herb Couscous

Traditionally, a tagine is slow cooked for hours to tenderise a tougher piece of meat. We know dinner time is precious, so we've given you the cheat's version. Australian beef teamed with authentic Moroccan spices and sweet cinnamon will conjure up the heady aromas of the streets of Marrakesh.

 **Prep:** 10 mins
Cook: 35 mins
Total: 45 mins

 level 1

 high protein

 low sodium

Pantry Items



Olive Oil



Honey



Water



Butter



Premium Beef Rump



Brown Onion



Garlic



Moroccan Spice



Pumpkin



Diced Tomatoes



Baby Spinach



Couscous



Parsley

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2P	4P	Ingredients
1 steak	2 steaks	premium beef rump
1 tbs	2 tbs	olive oil *
1	2	brown onion, finely sliced
1 clove	2 cloves	garlic, peeled & crushed ⊕
2 tsp	1 tbs	Moroccan spice
2 tsp	1 tbs	honey *
400 g	800 g	pumpkin, peeled & cut into 2 cm cubes 🍃 ⊕
1 tin	2 tins	diced tomatoes
½ cup	1 cup	couscous
½ cup	1 cup	boiling water *
1 tsp	2 tsp	butter *
½ bunch	1 bunch	parsley, finely chopped ⊕
½ bag	1 bag	baby spinach, washed ⊕

⊕ Ingredient features in another recipe

* Pantry Items

🍃 Pre-preparation

Nutrition per serve

Energy	2840	Kj
Protein	49.2	g
Fat, total	17.4	g
-saturated	5.6	g
Carbohydrate	76.1	g
-sugars	22.9	g
Sodium	238	mg

Disclaimer: Pumpkins naturally vary in size, we may over supply you but please use the weight stated for this recipe.



You will need: *chef's knife, chopping board, garlic crusher, fork, medium frying pan, plate, foil, medium bowl, kettle full of boiling water and cling wrap.*



1 Heat a medium frying pan over a medium-high heat. Rub the **premium beef rump steak** with half of the **olive oil**. Season with **salt and pepper**. Add the steak 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 steak. Transfer to a plate and cover with foil to keep warm.



2 Heat the remaining olive oil in the same frying pan. Add the **brown onion** and cook for **5 minutes** or until soft. Add the **garlic, Moroccan spice** 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 **20 minutes** or until the sauce is slightly thickened and the pumpkin is tender.



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

4 Thinly slice the rested steak and gently stir it through the tagine with the **baby spinach**. Simmer for **1-2 minutes** and then remove from the heat.

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