



# MOROCCAN BEEF TAGINE

with Charred Zucchini, Couscous and Flaked Almonds

PRONTO



## HELLO

### MOROCCAN SPICE

A complex, aromatic blend of cardamom, cinnamon, paprika and more

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 711



Ground Beef



Shallot



Garlic



Red Bell Pepper



Zucchini



Cilantro



Moroccan Spice



Diced Tomatoes



Beef Broth Concentrate



Moroccan Couscous



Almonds, sliced



Sultana Raisins

## BUST OUT

- Kettle
- Garlic Press
- Large Non-Stick Pan
- Measuring Cups
- Medium Bowl
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Ground Beef 250 g | 500 g
- Shallot 25 g | 50 g
- Garlic 10 g | 20 g
- Red Bell Pepper 190 g | 380 g
- Zucchini 227 g | 454 g
- Cilantro 10 g | 10 g
- Moroccan Spice 1 tbsp | 2 tbsp
- Diced Tomatoes 1 can | 2 can
- Beef Broth Concentrate 1 | 2
- Moroccan Couscous 1 ½ cup | 1 cup
- Almonds, sliced 5 28 g | 56 g
- Sultana Raisins 9 28 g | 56 g

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.



## START STRONG

Traditionally a slow-cooked meat dish, our version of the Moroccan tagine takes a fraction of the time to cook!



**1 PREP** Wash and dry all produce.\* Cut the **zucchini(s)** into quarters, lengthwise. You should have 4 long strips (8 strips for 4 ppl). Cut them in half. Core and thinly slice the **bell pepper(s)**. Peel and finely chop the **shallot(s)** into ¼-inch pieces. Mince or grate the **garlic**. Finely chop the **cilantro**. Bring a **kettle** of water to a boil.



**4 COOK BEEF** Decrease the heat to medium. Add another drizzle of **oil** to the same pan, then the **ground beef, shallot** and **garlic**. Cook, breaking up the beef into pieces with a wooden spoon, until no pink remains, 4-5 min. Season with **salt** and **pepper**. Add the **peppers** and **Moroccan spice**. Cook, stirring together until fragrant, 1 min.



**2 TOAST ALMONDS** Meanwhile, in a cold large non-stick pan, add the **almonds**. Toast the almonds over medium-high heat, stirring occasionally, until golden-brown, 2-3 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.



**5 COOK TAGINE AND MAKE COUSCOUS** Add the **tomatoes, raisins, half the broth concentrate(s)** (double for 4 ppl) and **¼ cup water** (double for 4 ppl) to the **beef mixture**. Cook until the mixture is slightly reduced, 5-6 min. Meanwhile, in a medium bowl, combine the **couscous, remaining broth concentrate(s)** and **¾ cup boiling water** (double for 4 ppl). Cover and set aside for 5 min.



**3 COOK ZUCCHINI** Increase the heat to high. Add a drizzle of **oil** to the same pan, then the **zucchini**. Cook until the bottoms are dark golden-brown, 2 min. Flip the pieces over. Cover and cook until dark golden-brown, 2-3 min. Transfer to a plate.



**6 FINISH AND SERVE** Fluff the **couscous** with a fork and stir in **half the cilantro**. Divide the couscous between bowls. Top with the **beef tagine** and **zucchini**. Sprinkle with the **almonds** and **remaining cilantro**.

## YUM!

Dried fruits and nuts are commonly used in Moroccan cuisine!

