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## Tender Beef & Pumpkin Tagine with Herby Couscous

Transport yourself to the colourful streets of Fez with this simple recipe! Our cheat's 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:** 10 mins



**Cook:** 25 mins



**Total:** 45 mins



high  
protein



level 1



one pan  
wonder

### 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 *
1 portion	2 portions	pumpkin, peeled & cut into 2 cm cubes
1 tin	2 tins	diced tomatoes
½ bag	1 bag	baby spinach, washed
½ cup	1 cup	couscous
½ cup	1 cup	boiling water *
1 tsp	2 tsp	butter *
½ bunch	1 bunch	parsley, finely chopped

⊕ 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



**You will need:** *chef's knife, chopping board, garlic crusher, 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 **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 **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** Thinly slice the rested steak and gently stir it through the tagine with the **baby spinach**. Simmer for **2-3 minutes** and then remove from the heat.

**4** 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 wrap and fluff the couscous with a fork. Stir through the **butter** and **parsley** reserving a small amount for a garnish.

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